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Diana DiZoglio Takes the Senate

PAGE 10

Methuen resident Diana DiZoglio went from an embattled aid to a state representatative, to a state representative herself. Now she's the Merrimack Valley's senior State Senator. Read Senator DiZoglio's first monthly column in The Valley Patriot on page 10.

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Valley Patriots of the Month

HERO IN OUR MIDST - STAFF SERGEANT ROBERT BELLEAU

John Cuddy
VALLEY PATRIOT HERO REPORTER

Dracut's Robert Belleau is one of the many US Military Veterans in the Merrimack Valley of French Canadian heritage. He joined the new US Air Force, (formed out of the US Army Air Corps shortly after World War II) partly out of patriotism, and partly, (his words) to avoid having to serve three years in the US Army.

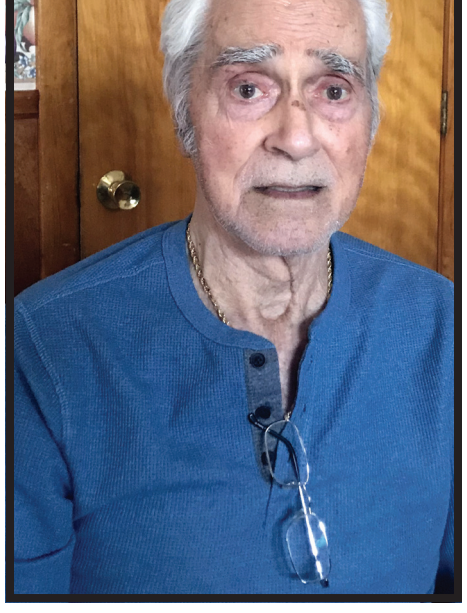
He was a Crew Chief for a North American F-86 Sabre, the United States Air Force's first swept wing fighter. North American built 6,297 F-86 Sabre Fighters. Robert was very proud to serve on one of the planes, in charge of the planes maintenance, and equally proud of the highly trained and high quality pilots he served with, such as, Captain Charles Oldfield and Major George Gleason. Staff Sgt. Belleau spoke at length to me of Captain Oldfield piloting his Sabre through a nuclear test, to determine, simply, if the plane would survive. During his time in the US Air Force, he held a Top Secret Clearance and with additional Quebec Project clearance. Staff Sgt. Belleau is bilingual, speaking, reading, and writing in French and English. During most of his time in the US Air Force, he was posted at Kirkland AFB in Albuquerque, New Mexico.

His Air Force unit, the 4925th Test Group, assigned to Operation Teapot, which was a series of fourteen nuclear test explosions conducted at the Nevada Test Site in 1955. The mission of the US Air Force personnel assigned was to establish military tactics for ground forces on a nuclear battlefield and to improve the nuclear weapons used for strategic delivery.

The research started with the first nuclear test on February 18, 1955, code name "Wasp", and ending with the last in the series on May 15, 1955, with the more mundane name of "Zucchini". Operation Teapot was preceded by the wider known tests on Bikini Atoll, called Operation Castle. Following Operation Teapot, there was an even lesser known test of the coast of San Diego, California; Operation Wigwam conducted a month after Teapot ended.

While looking at Mr. Belleau's nearly 70-year-old USAF Meal Pass, he spoke to me in his home on his military service. Listening while he praised the leadership and guidance of his non-commissioned officers, men like Master Sgt. David Todd, I thought of the effectiveness of the American military at molding our nation's youth. At the Dracut Legion, many a Veteran has a great story or two they tell of a US Military NCO, and how that Sgt. or Petty Officer molded them into the man or woman they are today.

He shared a photo of the unit's Kirkland AFB Ice Hockey Team; Robert is the player on the far left, playing Left Wing. His eyes sparkled while he told me about playing hockey with his fellow Airmen.



HERO: PAGE 19

A THANK YOU BONUS FOR YOUR SUPPORT!

It's no secret that print media industry is dying.

It seems that almost every month we hear of another newspaper going out of business as more people get their news on-line, and with freedom of the press - and journalism itself - under constant attack.

As The Valley Patriot approaches our 15th anniversary (in March of this year) we are so grateful that so many people and so many local businesses have supported our efforts to provide an outlet for free speech, local news, and unfiltered opinions in the community.

But, we have always considered ourselves more than just a newspaper.

With the help of our readers and the business community we have been able to use this paper as a conduit to help local veterans, feed and clothe the homeless, give scholarships to local students trying to get to college, help local nonprofits like the Veterans Northeast Outreach, the Exchange Club, the Lions Club, House of Mercy, Daybreak Homeless Shelter, Someone Cares, and so many more.

We even hold an annual charity BASH (this year it's April 5th - see ad on page 13) where we honor local police officers, firefighters, and veterans.

Not to mention our book, "Heroes in Our Midst", where we honored 134 local veterans for their service to our nation.

Because of our success, we have always felt a responsibility to routinely help those in need, those less fortunate, and those who have nowhere else to turn.

Through the years, our readers and advertisers have never let us down.

As just one example, three years ago we learned that a young girl who was murdered in 1985 had no gravestone and her family was distressed that she had a grave with no name. We put out an appeal to our readers and within just a few days, you stepped up to the plate and donated the money for a headstone. One of our advertisers, Colizzi Memorials, even donated the labor of installing the marker.

Because of you, Michelle Pimentel's grave is no longer anonymous, and her family has been able to find some peace.

We were honored to be able to be a part of that.

In short, whenever we have asked our readers and advertisers to help the community, the good people of the Merrimack Valley have never let us down.

As such, we are committed to not letting YOU down.

As a small business ourselves, we understand that small businesses are in desperate need of publicity and promotions to bring in new customers.

As a thank you to the community, we have found a way to celebrate our upcoming 15th Anniversary in a way that will help us continue doing what we love while helping you continue doing what you love.

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We have the most loyal readers in the country eager to support those who support us. And we know that we can continue to weather the storms that come our way and continue to publish what we believe is a unique newspaper that doesn't censor unpopular opinions and helps out the community at the same time. Come on board now and take advantage of our 15th Anniversary by letting us raise your business profile.

To advertise with us please give us a call at (978) 771-4091 or email us at valleypatriot@aol.com

And please join us at our 15th Anniversary BASH on April 5th at the Firefighters Relief IN on Market St. in Lawrence at 6pm. You can get your tickets on Eventbrite.com ◊

#Triggered by Everything

Ken Willette, Jr.
VALLEY PATRIOT COLUMNIST

I think following some trolls on social media can be hazardous to your mental health. There, I said it, are you triggered now? Instead of focusing on the major problems in our society, many of these so-called social justice warriors are concentrating their energies on the proverbial trees rather than the global forest. For example, on one of the Facebook groups dedicated to local issues, someone deemed it to be her social justice mission in life to call for an outright boycott of the new Chick-Fil-A franchise in Methuen. Why exactly? Because the owners of the national corporation (mind you, not necessarily the local franchise itself) dared some years back to oppose same-sex marriage due to their personal religious beliefs. Not because they directly discriminated against their employees in any fashion, since there is no evidence of such an action. But a political opinion ignited a call for a boycott.

It is very likely that this particular voice in the electronic woods didn't even know that many people in both parties, including Obama, strongly opposed legalizing same-sex marriage. In fact, it actually took the historic decisions of the Massachusetts Supreme Judicial Court and the United States Supreme Court to finally legalize same-sex marriage. Only at that point did Obama perform a full flip flop on the issue and changed his tune on same-sex marriage. But honestly, since when have we started to apply a litmus test to business owners on their personal beliefs? Are we going to soon attach a questionnaire to a menu and inquire how business owners feel about assisted suicide, sex before marriage, or their position on the Iraq War? Are we serious here? Can I just get some fries please?

Since when did we completely stop listening to the other side of an argument? It was definitely an evolved and long journey for me to support same-sex marriage. And I personally know people in the GLBTQ community who are strong Catholics still grappling with the core tenets of their religion. So long as a person's belief system does not violate established laws or court decisions on civil rights, who am I to judge?

Listen, I can't stand some rap songs. And the lyrics of some rap songs encourage date rape, drop the N-word every five seconds and celebrate the objectification of women. But let's ban "Baby It's Cold Outside" from the radio without taking a moment and actually reading the lyrics. When the controversy first took shape on this timeless holiday song, I actually thought it was a joke usually posted on The Onion—a satirical and comedic fake news site. It is almost like the social liberals of 2018 are in concert with the ultra conservatives of the distant past who would ban high school students from reading "1984" or other controversial books because they made specific references to sex, drugs, racism or

SNOWFLAKES: PAGE 14

Audit Calls for Enhanced Oversight of State Human Service Contract Spending

BOSTON, MA — State Auditor Suzanne M. Bump is calling on the Commonwealth's Operational Services Division (OSD) to improve oversight of financial reports submitted by state human services vendors. The call comes after an audit conducted by her office determined reduced oversight may have resulted in significant lost revenue for the state. The audit examined the period of July 1, 2011 through December 31, 2017.

The audit raises questions about OSD's practices related to reviews of financial documents (known as Uniform Financial Statements and Independent Auditor's Reports or UFRs) submitted by human and social service organizations that have contracts with the state. UFRs detail spending and other financial information related to a state contract or contractor. OSD indicated that during the audit period it eliminated "Desk Reviews," which are a more comprehensive review of the information contained in UFRs, and instead increasingly relies on "Prescreenings," which are a preliminary review of a three-page checklist to ensure all required documents have been submitted. The audit notes that the elimination of desk reviews, along with a reduction in the number of completed prescreenings, has potentially resulted in significant lost revenue for the state.

"Accountability must be a proactive priority for every government entity, but particularly for the Operational Services Division, which plays a critical oversight role for hundreds of millions of dollars in state contracts," Bump said of the audit. "It is not good enough for OSD to simply confirm a contractor has submitted all the required documents. They must take the next step to confirm that public dollars are accounted for and being spent properly."

In addition, the audit raises concerns about OSD's practices related to unallowable spending charged to state contracts, which Bump initially called into question in a 2012 audit. Bump found human-service contractors billed nearly $87 million in unallowable expenses to their state contracts during the audit period—funds that may have been eligible for recoupment by the state. However, OSD could not provide any evidence it examined this spending to determine if it could, in fact, be recouped.

The Operational Services Division is an agency within the Executive Office for Administration and Finance. In addition to reviewing UFRs, OSD manages the state fleet of vehicles, provides certification of companies looking to do business with the Commonwealth, develops tuition pricing for special education programs, and oversees the procurement of goods and services. It is principally financed by a fee imposed on entities awarded statewide contracts and by billing state departments for services. During the audit period, it had approximately 90 employees.

The audit of the Operational Services Division is available on-line. ◊

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The Valley Patriot is not responsible for, nor do we necessarily share the opinions of columnists and contributors that are published in the paper. Columns, by definition, are opinion pieces.

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Local daily news updates online at valleypatriot.com or facebook.com/valleypatriot

"WEATHER 101" WITH AL!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Welcome to January 2019 the New Year along with the first full month of winter. January is known as the coldest month of the year. The coldest month of the year occurs a month after the winter solstice which occurred on December 21st. Recapping 2018, it was a wet year. Boston had 53 inches of liquid precipitation which was 9.55 inches above normal. It was the 10th wettest year in Boston since weather records have been kept. Blue Hill, Massachusetts had their 3rd wettest year on record. Worcester Massachusetts had their 5th wettest year on record. Recapping December 2018 we did not see a lot of snow. Some storms missed us and tracks too far south to impact us. One storm that missed us in December gave a snowstorm to the southeastern US as well as the Mid Atlantic region. Accumulating snow from this storm occurred even in South Carolina. Low pressure systems which affected us in December mainly tracked to our west and north. This put us on the east side or warmer side of the low pressure system.

Air circulates counterclockwise around low pressure and winds on the east side of the low pressure come from the south and this brings warmer air from the south into our region. When a storm tracks to the west, if enough cold air is around at the onset, the precipitation can start as snow/sleet/freezing rain and then transitions to all rain. We did not see a white Christmas this past year.

Some flurries occurred the day before Christmas, however, with dry air these flurries/snow showers had difficulty sticking to the ground. Christmas 2017 we had heavy snow in the morning which gave us a white Christmas. So you can see the weather can vary from year to year. December can bring large winter storms. This past December 2018 was the 10th anniversary of the December 2008 Ice Storm. This Ice Storm occurred in the route 495 area and points north into southern New Hampshire. A large amount of ice accumulated on trees and power lines causing them to fall due to the weight of the ice. This caused widespread power outages which lasted for weeks.

Freezing rain occurs when the temperature at ground level is 32 degrees or colder. Air at one thousand feet and higher is above freezing (greater than 32 degrees). Freezing rain falls as a liquid like plain rain.

The liquid rain drops from freezing rain and freeze after they hit the ground due to the cold temperature at ground level. When freezing rain occurs, the temperatures are too warm aloft to produce snow. Freezing rain is worse than snow when traveling in that when snow occurs you have more traction. When you are driving and try to stop on ice your car will start to spin and will have difficulty in stopping.

Try and avoid driving on the roads during a freezing rain event. December ended with some snow New Year's Eve in areas outside of route 495. Now that January is here we will wait to see if a colder weather pattern returns along with snowstorms. To get colder air the jet stream will also have to be farther south. If any coastal storms form to our south we will see how far north they track to impact our weather.

This will depend if the northern and southern jet streams can phase (link up) and bring the coastal storm far enough north to impact our weather. Time will tell how much phasing occurs this month. One aspect to move the jet stream to our south is a blocking high pressure that forms in Greenland known as the Greenland high pressure. When this Greenland high forms, the jet stream is to our south and this brings colder artic air from Canada into our region. The Greenland High acts as a block in that it can prevent coastal storms from tracking out to sea and as a result the storms pass closer to us offshore impacting our weather. We did not see the Greenland high in December 2018. Stay tuned to next month's article to see if it has formed and also a recap to this month's weather. Also next month we will take a look at what to expect in February. In the meantime, stay warm and be safe! ◊

Lupoli Family Pledges $500,000 to NECC

The Lupoli Family Foundation has made a $500,000 pledge to fund the new hospitality and culinary school which Northern Essex Community College plans to open in downtown Haverhill in 2019.

The Lupoli Family's pledge will jump start an anticipated $1 million endowment for the Lupoli Family School of Hospitality & Culinary Arts which will be named in honor of Sal's parents, Nicholas and Jeannette Lupoli and his brother James. The $1 million endowment would include the Lupoli pledge as well as funding from other sources, which the college is currently raising. It would be used to fund a chair or lead faculty for the college's hospitality & culinary school.

"My family is honored to partner with Northern Essex Community College in their efforts to ensure that all students have equal access to a quality education," says Lupoli. "As I close my eyes each night, I reflect upon my purpose to make my mother, father and brother proud of what Lupoli Companies was able to accomplish by focusing on family, education and culture."

Like other community colleges and state universities, NECC has struggled with decreased state funding. Massachusetts has cut higher education by 31% since 2001. "It's an incredible gift that will help us do something that no community college in New England has done before," says NECC President Lane Glenn. "We will be able to create a permanent endowed chair for an academic program that will become a regional provider of skilled workers for an industry that is booming in the Commonwealth."

"Massachusetts community colleges are critical to our region's competitiveness," said Paul S. Grogan, president and CEO, The Boston Foundation. "With his pledge, Sal Lupoli sets an important example for business leaders who recognize the important role community colleges play in the community – educating students, fueling the local and regional economy, and providing life-changing opportunities for graduates."

The Lupoli Family School of Hospitality & Culinary Arts will occupy two floors of The Heights, a 10-story luxury, mixed-use development project built by Lupoli Companies, scheduled to open in 2019. It will feature classrooms, laboratories, a test kitchen, and a restaurant where aspiring chefs can begin honing their skills. Up to 200 students, from across the region, will enroll in programs ranging from certificates and associate degrees, to eventually bachelor's and master's degrees.

NECC currently offers an Associate of Science Degree in Business Management: Hospitality Option and is planning to offer a Culinary Arts Certificate program.

President Glenn points to the long and successful partnership he and NECC have had with Lupoli Companies with pride. "We have operated a satellite campus at Riverwalk's thriving mixed-use development in Lawrence for 10 years," notes Glenn. "Sal and I helped launch the Lawrence Partnership, a private-public economic development group of leaders in the city; and Lupoli Companies built, donated, and helps us manage the Revolving Test Kitchen, a golden ticket opportunity for restaurant entrepreneurs."

Having started his career in hospitality, Sal Lupoli recognizes the importance of this unique program and the benefits it brings to the area. "We encourage other businesses to join us in our commitment to support higher education because when you invest in a community college, you invest in the future of our local neighborhoods and our state as a whole."

"At the Massachusetts Competitive Partnership, we want to make the Commonwealth one of the leading states for business investment and job creation," says Dan O'Connell, President and CEO. "Collaborations with civic leaders, like Sal Lupoli, and community colleges, like NECC, generate growth which will ultimately contribute to our success as a region."

To learn more about the college's plans, contact Kelly Sullivan, Dean, Business and Professional Studies, ksullivan@necc.mass.edu or 978 556-3873. ◊

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THE LOTTERY

Purchase a Methuen Fire Departent Calendar and Help the 3-11 Foundation for Marines

The 2019 Methuen Fire Department calendars are now available for purchase! We want to thank our calendar sponsors, Matt McLennan of Century 21 McLennan and Co. and David Buco of Home Loan Investment Bank, two great Methuen businesses. We appreciate their involvement in this project. All photographs were taken by Methuen photographer Nancy Reardon.

Proceeds from calendar sales benefit the 3-11 Foundation, an organization that aids Marine veterans home from military service. The foundation facilitates non-medical and medical care to combat and non-combat wounded, ill, and injured Marines and their family members as they return to duty or transition to civilian life. Retired Methuen Firefighter Steve Battle, a Marine veteran himself, is on the board of the organization. Visit http://3-11marines.org/ for more information on the organization.

Says Methuen Fire Chief Tim Sheehy, "This calendar is a great way to showcase the hard working men and women of our department. The photos show our firefighters in a number of different locations and actions. Nancy Reardon came up with this idea and took a lead role in making it happen. I think people are really going to enjoy the colorful photos and recognize many of our firefighters. I appreciate them giving of their time to participate. We hope that our community will purchase a calendar and help support a great cause like the 3-11 Foundation."

The full color calendars feature many of the men and women of the Methuen Fire Department in various poses and locations in Methuen. The varied photos cover the fun aspects of the job as well as honor our veterans and important initiatives such as Breast Cancer Awareness.

The calendars cost $20 each and would make a great gift! Preferred method of payment is by check payable to: 3-11 Foundation.org. Cash is also accepted. No debit or credit cards accepted. To purchase a Calendar, please contact John Molori at 978-208-5112 or email jrmolori@ci.methuen.ma.us. We hope you will purchase one of these terrific calendars and help a great cause. ◊

Methuen High School Parking Fee Should Be Repealed

By D.J. Deeb
METHUEN EDUCATION COLUMNIST

At its December Business Meeting, members of the Methuen School Committee voted unanimously to adopt a $100 student parking fee effective during the 2019-2020 school year. Unfortunately, I was one of those votes and after analyzing the issue further I regret my decision. I have placed a Motion to Reconsider this fee on the January 15th Business Meeting Agenda in order to repeal this fee. I urge members of the community to contact their Methuen School Committee members and ask them to support my motion.

The Methuen School Administration and Mayor Jim Jajuga presented the fee as a way of generating up to $40,000 in revenue for the school in order to defray the costs of lot maintenance. Since students have the option of taking a no fee bus to school, I originally thought that this might be a good option to defray costs to taxpayers for students who choose to drive to school. Upon further consideration and after speaking with parents in the community, I have placed a Motion to Reconsider the $100 student parking fee at Methuen High School that was scheduled to take effect during the 2019-2020 school year. Even though many surrounding communities have this parking fee already I do not believe that it is good for Methuen. I regret my vote and will now work to eliminate it.

The Administration has stated that the mechanisms are currently in place to collect and monitor the fees. But given the demographics of our community I believe that there are more issues that need to be considered. What about high school students who pick up their younger siblings at elementary schools to bring them home or to daycare? What about high school students who play sports and need to get home at a certain time to help care for their younger siblings?

Social media activist Jay Morin also raised additional questions worth considering on Facebook. Some of these include: 1) Who will walk the parking lot to ticket cars not in compliance?; 2) How will tickets for violations be handled?; 3) What about occasional parking needs?; 4) What guarantees will be put into place to ensure that funds are not shifted?; 5) What if students park at the Tenney and walk over? These are great questions and they certainly should get answers. Hopefully if my motion to reconsider passes we will not have to go down that road of getting the answers.

On another note, unlike the city, the School Department instituted a hiring freeze on all new positions two years ago. At that time, I suggested a freeze on all new city positions until budget spending is brought under control and I repeat that call today. In November and December, I sought to expand the hiring freeze on the School Department to all existing positions and contract renewals. My motion was tabled both times and is scheduled to be brought back for consideration at the January 15th business meeting. I call on my colleagues to support this fiscally responsible move and I also call on the members of the Methuen City Council to follow suit with positions in the city as they become vacant.

The motion that I am proposing has been modified slightly from what I originally proposed in November based on legal counsel recommendations. It now reads: To institute a hiring freeze on any and all positions that become vacant in the Methuen Public Schools except for teaching and substitute positions or contractual requirements until further notice or except by a vote of the School Committee. My reason for bringing this forward is that more than 20 positions became vacant in September and October. Most of these positions were administrative or support staff. With the current fiscal crisis this is a perfect time to examine the need for each and every internal position that becomes available without causing anyone to lose their jobs. Every non-teaching position that becomes available in Methuen Public Schools should have to be justified to the entire school committee and the community. The City should be doing the same with any positions that become vacant across the City. Please reach out to the members of the Methuen School Committee and tell them that you support this Motion to institute a complete hiring freeze on non-teaching positions in Methuen Public Schools.

Finally, I must comment on receiving Tom Duggan's Bozo of the Year Award for my vocal opposition to the outrageous Methuen Police Superior Contracts. Although I agree with many of Tom's views on national issues, I believe he is on the wrong side of the local political debate. Tom interpreted my political column as a personal attack. That was certainly not my intent. I was offering constructive criticism of his comments. I wear that Bozo of the Year Award as a distinction of honor since he chooses to defend the indefensible. Even the legal counsel employed by the City Council to advise them on the contracts has stated that the Superior Police Contracts are invalid.

Last year the Police went from 2 captains to 5 captains in addition to the numerous other promotions for a Department that has just 71 patrolmen. The fact remains that some neighboring communities, including North Andover, do not have police captains. We do not need them either and certainly not at the salaries that they are demanding. Under the currently-funded MOU the police captains are earning base salaries of $188,206. This is ridiculous! We could add 3 patrolmen for each captain that is eliminated and we certainly should look at adding more patrolmen to help the City of Methuen address crime rates. As I wrote about in November, Councilor Steve Saba proposed a reorganization that would have eliminated the captain positions and maintained a

PARKING: PAGE 8

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VALLEY PATRIOT BASH! - Put April 5th in your calendar now! The Valley Patriot will be holding our 15th Anniversary BASH scholarship and award night at the Firefighter's Relief In, 1 Market Street in Lawrence. Each year we honor police officers, firefighters, veterans, and give out college scholarships to local students trying to get to college. If you are interested in donating to our scholarship fund or would like to buy tickets give us a call at (978) 771-4091 or email us at valleypatriot@aol.com.

LEGAL DEFENSE FUND - It's no secret that Methuen Mayor Jim Jajuga is suing us, and he hired a multimillion-dollar law firm to try and bankrupt us by lawsuit. We have set up a GoFundMe page on line for those who want to contribute so that we can pay our lawyers to fight yet another 1st amendment lawsuit. Your contribution can help us stay in business! Please donate at gofundme.com/valley-patriot-legal-defense-fund

HEROES IN OUR MIDST VOL.II

Every month the Valley Patriot honors local veterans with our Heroes in Our Midst column. Two years ago, we compiled 134 of these stories in a book entitled "Heroes in Our Midst". The book is available on Amazon, Barnes and Noble and as always, they are available at the Valley Patriot office. This month we want to announce that we are putting the final touches on Heroes in Our Midst Vol. II" and are hoping to have the book available for our 15th Anniversary BASH in April. Keep an eye on our Facebook page for the release date!

NAM KNIGHTS FUNDRAISER - Nam Knights of America Motorcycle Club, Merrimack Valley Chapter invites you to their annual "Raffle Night" fundraiser in January for their biggest evening of the year. This will be their 5th Annual Event where we host our members, friends, and the community at the Dracut American Legion Post, 574 Broadway Road in Dracut, MA. Throughout the evening we call 8-10 bingo-like games using playing cards and many other individual door prizes and raffle prizes. The evening traditionally fills the hall to capacity and is now widely recognized as one of the highlights of the year at the Post.

The Nam Knights MC is a registered 501c3 organization and this event helps raise the funds that we use throughout the year to benefit our local veteran community and support other organizational endeavors that honor, remember, and aid those that serve both our country and community.

This past year alone they have proudly helped a veteran with the installation of a wheel chair lift, hosted community "Burger Burns", Veteran Breakfasts, and a monthly Luncheon at the Lowell VA Clinic. We have organized local Food Drives, provided work details to assist with the Memorial Day preparation in the Town of Dracut, and most recently we took the initiative to bring the Christmas Wreaths program to the Post and community as a whole. (See the you tube link below covering that ceremony and a round table with local veterans talking about serving during the Holiday Season.)

TOM DUGGAN'S NOTEBOOK

The Valley Patriot Around the World! Badhette Rodeo with her copy of The Valley Patirot at Trump Tower in Manilla, the Phillipines. Badhette is a Valley Patriot subscriber and the girlfriend of hero Veteran Steve Johnson, a former Lawrence resident who now lives in the Phillipine Islands.

NECC SEMINARS FOR SENIORS on Jan 22nd. Adults 50 and older who are interested in learning for fun are invited to check out the series of seminars planned for this winter and spring, offered by Northern Essex Community College's College of Older Learners (CoOL.)

Seminars cover a wide range of topics from "Meditation" to the "History and Impact of The French Revolution" to "Tai Chi to Improve Health." Those interested are invited to attend a showcase of CoOL's offerings which will be held on January 22, from 2pm to 4pm at the Hartleb Technology Center, room 103A, on the Haverhill Campus, 100 Elliott St.

The showcase will feature the CoOL courses and seminars offered during the winter and spring terms. Each instructor will present an overview of his or her seminar so that participants can decide which seminars are the best fit for their interests. CoOL classes are meant to be interesting and enriching, without admission requirements, exams, or term papers. All of the courses meet on a designated week-day for five consecutive weeks, unless otherwise noted, at the Haverhill campus. Courses cost $35 and run anywhere from January to March and March to April. For additional information visit the CoOL seminar page, call 978-556-3110 or email Cool@necc.mass.edu.

REGISTER FOR SPRING CLASSES at NECC - Enroll now at Northern Essex Community College for the spring semester which begins Wednesday, January 23, 2019.

It's not too late to register for courses that could lead to a degree or a certificate. Register online https://www.necc.mass.edu/current-students/academic-resources/register-for-classes/, in person, or by phone.

Northern Essex offers more than 60 associate degrees and certificates in fields such as health care, criminal justice, computer science, business, engineering, and much more. Classes and programs are offered days, evenings, weekends, and online. Campuses are in Haverhill and Lawrence.

Drop-in hours at the Haverhill campus Student Success Hub, 100 Elliott St. are Monday through Thursday 9am to 4:30pm or at the Riverwalk mini-hub, Monday 10am to 1:30pm and Tuesday 9am to 12:30pm For more information, contact enrollment services at Northern Essex at 978-556-3700 or admissions@necc.mass.edu or visit www.necc.mass.edu

GLTS STUDENT GOVERNMENT HOLDS COAT, BLANKET AND FOOD DRIVE

In an effort to ensure all students had happy holidays and stay warm throughout the winter, the GLTS student government held its annual coat, blanket and food drive. While members of the student government have always held a holiday drive, this year the group tailored their efforts. In response to the gas crisis in Andover and Lawrence, which left many families displaced from their homes; the drive focused on providing affected GLTS families with warm coats and blankets.

For six weeks in November and December, the student government worked with the guidance department to identify families in need, with faculty, staff and students donating new jackets and blankets, along with a number of food items. Each family in need received a box of goodies, which included everything from canned vegetables to snack bars, pasta, cookies and microwavable meals for those still without gas.

GLTS families received their coats, blankets and food items last week -- in time to celebrate the holidays. GLTS was also able to donate additional jackets, blankets and food to the Lazarus House in Lawrence.

"We want to extend a sincere thank you to all the faculty, staff and students who donated to this drive," student government adviser Catherine Rosenzweig said. "Every year we're so thankful for the generosity of our GLTS community and this year is no exception."

SQUEEZEBOX STOMPERS at NEW MOON COFFEE HOUSE

The Squeezebox Stompers play Cajun, Zydeco, New Orleans Mardi Gras Music, and originals, all with fun foot stomping beats and unending enthusiasm. They bring their joyful music to the New Moon Coffeehouse on Saturday January 19th at 8pm. The coffeehouse is located in the Universalist Unitarian Church, 16 Ashland St, Haverhill MA. Admission to the show is $20; $10 for those ages 18 and under. Tickets for this show are available at the door starting around 6:30; doors open at 7:30. Tickets may be reserved prior to the show by visiting www.newmooncoffeehouse.org, or by calling 978-459-5134.

The easiest way to get to the New Moon Coffeehouse is to take Rte. 495 to exit 51A (Route 125 South). Stay on Route 125 South for about 1.5 miles. At intersection of Routes 125 & 110, turn left onto Rte. 110 (aka Kenoza Ave). The UU church will be on the right. Take the first right by the UHaul trucks. And lastly, turn right

CONTINUED UNDER FREDDIE

FREDDIE SAYS

The Valley Patriot BASH is April 5th! Put it in your calendar!!

www.gofundme.com/valley-patriot-legal-defense-fund

Freddie also Says
EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE
978-557-8601

onto Ashland St. There are 2 parking lots available behind the church, on both sides of Ashland St. The coffeehouse entrance is also there, at the back of the church.

HOME HEALTH VNA RECEIVES DEFICIENCY FREE RATING

Home Health VNA recently received a deficiency-free rating in a home health care agency survey conducted by the Massachusetts Department of Public Health (DPH). DPH periodically administers unannounced surveys of home health care agencies, hospitals and skilled nursing and rehabilitation facilities to ensure compliance with State and Federal regulations and to assess the quality of care provided. On Monday, December 10th, DPH surveyors arrived at Home Health VNA and began an immediate, thorough review of clinical documentation, administrative and clinical procedures, employment files, quality data and collection procedures, contracts and emergency preparedness. In addition, they conducted interviews with clinicians and accompanied them on home visits to assess the quality of care provided to patients. At the conclusion of the three day survey, Home Health VNA was found to be in full compliance with all the conditions of participation and regulations of a quality home health care agency.

LIONS SERVICE PROJECT - CARE PACKAGES FOR THE TROOPS

As a thank you to all of those Lions who have (or are currently) serving our country, the Lions have come up with a service project in their honor. The Lions will be sending military care packages to active men and women who are currently stationed overseas. Thier goal is to send one box for every club in the district - 42 boxes. That would allow us to thank 42 military men/women for their service and sacrifice. These boxes would provide them with some badly needed items that are not obtainable in the areas in which they are serving.

In order to meet The Lions' Clubs 42 box goal they rely on the support and generosity of local clubs and individual members. The Lions could also use donations from the public. They are asking for two things.

1. Donations to cover the cost to ship these packages. Each box costs approximately $20 to ship. With a donation of $20 by 42 people they would be able to cover the cost to ship at least 42 care packages.

2. They are also asking local clubs/individuals to donate some badly needed items to fill these boxes.

The Lions would be extremely grateful if you would consider contributing to this district service project. The goal is to put this project in motion at the mid-winter convention. A staging area would be set up for individuals to be able to come and participate in this project.

Monetary donations can be sent to CT Brian Doherty, 162 Willow Rd #3, Nahant, MA 01908.

Checks should be made out to District 33N Lions with "Military Care Packages" in the memo line. Item donations can be brought to the District Advisory dinner, you can give items to your zone chairs to bring to the cabinet meetings, or arrangements can be made to pick up items at your club meetings.

If you have any questions please feel free to contact GST Tammy Gray - tgray2968@yahoo.com.

A Time to Laugh and Cheer for Tough Sledding! Featuring Rick Middleton

Please join us at Salvatore's Lawrence at Riverwalk on Thursday January 24th for "A Night of Laughs" to help raise funds for the production of the movie "Tough Sledding"...the story about the Gold Medal winning 2002 US National Sled Hockey Team that was coached by Bruins great Rick Middleton! This movie is about one of the greatest underdog teams in sports history that despite only ever winning one game in International play, and being seeded last behind a "to be determined" team they went on to win the Gold Medal in the Salt Lake City Paralympics! Let's help shine a light on the incredible heart & determination of this forgotten team, whose achievements have made such a rippling effect in the Paralympic movement that the US National Team has gone onto win a bronze and 3 more gold medals in the last 4 Paralympics since 2002! Let's make a scripted movie together that with YOUR HELP can have a lasting cultural impact like Hoosiers, Miracle, and Murderball. To check progress for making Tough Sledding into a movie, you can go to https://toughsleddingthemovie.com/

We'll be featuring a special one hour "VIP Buffet Dinner" & "Meet & Greet" before the show with Bruins Legends Rick Middleton & Terry O'Reilly, as well as 2 members of the 2002 Gold Medal team... Captain Joe Howard and Asst. Captain Kip St. Germaine along with Rick's asst coach Tom Moulton!

The comedians that are performing will also be there along with other celebrities and Hank Morse from the 105.7 Loren & Wally Show will host a special Q & A!

7:45pm show ~ doors open at 7:00 in the Coliseum Room (adjacent to Caesar's Room) Entrance B

There are two ticket options available for purchase:

VIP Dinner Buffet with Meet & Greet (with comedy show) or Show Only

Show Only: 7:45 PM – Doors open at 7pm. Tickets are for show admittance only. Cash bar & cocktail service available during show. If you plan to dine in the restaurant prior to the show, reservations are highly recommend and can be made by calling Salvatore's Restaurant at 978-291-0220 ext. 1. Food will NOT be available in the room during the show. Comedy Show hosted by Boston great, Dave Russo (NESN'S Dirty Water TV) with The Queen of Boston Comedy Christine Hurley, Tony V, Jimmy Dunn, Mark Riley, Paul D'Angelo, Pete Costello and MORE!

VIP Dinner Buffet with Meet & Greet (with comedy show): Dinner from 6:00 – 7:00 pm in Salvatore's Function Facility Entrance B Caesars Room. Cash Bar. Buffet includes: Garlic Bread, Caesar Salad, Pasta Marinara, Chicken Parmesan, Sausage with Peppers and Onions, Vegetable Medley, Cookies, Brownies, Cannolis, Coffee and assorted teas. This ticket comes with Preferred Seating for comedy show and special meet and greet with Rick Middleton, Terry O'Reilly, members of the 2002 Paralympic Gold Medal Sled Hockey team and other local celebrities with special Q & A with Hank Morse from 105.7 The Loren and Wally Show.

Doors open at 7pm for the comedy show with show beginning at 7:45pm.

VIP TICKETS WILL NOT BE AVAILABLE FOR PURCHASE AT THE DOOR THE NIGHT OF THE EVENT.

Cash bar available in the comedy room during the show. Food will NOT be available in the room during the show.

Brought to you by CPFProductions

Tickets are $100 for special VIP Dinner Buffet with Meet & Greet, or $50 for just the Comedy Show

Doors open at 5:30pm for the VIP Dinner Buffet/ 7pm for the Comedy Show/ 7:45 Comedy Show and Tough Sledding Preview

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Lawrence Rep. Moran Secures $750K for Lawrence Police

State Representative Frank A. Moran (D—Lawrence, Andover, Methuen) has announced that a state grant program the representative filed in this year's state budget has resulted in over three quarters of a million dollars in increased funding to hire more police officers in the City of Lawrence. This year was the sixth that Representative Moran has filed this amendment to the state budget.

"In my conversations with constituents, public safety has consistently been a concern of theirs. Year after year, I continue to make this a top priority of mine for our community when the state budget is being put together. I'm thrilled to be able to provide funding for our hard working men and women of the Lawrence Police Department.

Their tireless work keeping our city safe is much appreciated by all," said Representative Frank Moran.

Proactive measures allowed for from this funding could include directed patrols based upon crime analysis and using community policing problem solving to address community concerns. Additionally, these funds can be used to restore, retain or hire police personnel or for overtime if

needed to provide adequate shift coverage to maintain appropriate staffing levels.

In past years, the grant program has been very successful in Lawrence. The funds have allowed the City to hire additional police officers and it has seen a corresponding decrease in crime.

The grant, administered by the Executive Office of Public Safety and Security, assists cities of at least 60,000 residents that spend less than $200 per capita on its police department. ◊

PARKING: FROM PAGE 5

necessary number of police patrolmen to keep our streets and City safe. Unfortunately, a majority of the City Council (excluding Councilors Jen Kannan and Lynn Vidler who recused themselves from the votes due to family conflicts) have been complacent in supporting the Memorandum of Understanding [MOU] that has resulted in 24% and 18% raises for five Methuen Police captains while resulting in a $1.8 Million deficit for the Methuen Police Department. The Council voted 5-2 against reorganizing the Police Department and eliminating the captains. This was disgraceful and fiscally irresponsible. Now, there will have to be a much larger reorganization with the impending layoffs that will soon follow.

Your influence counts. Use it!

D.J. Deeb is a Methuen resident and Secretary of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. Deeb also serves as Social Studies Department Chair at Notre Dame High School in Lawrence, Massachusetts. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003). ◊

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Body and Brain Yoga at Riverwalk

BodynBrain Yoga Riverwalk is located in the Riverwalk complex in Lawrence.

Although it serves the community by offering daily yoga and Tai Chi classes, free workshops on gut health and successful aging and free family classes, it is also interested in spreading "Brain Education" in the local and surrounding schools.

The staff at BodynBrain Riverwalk have taught Brain Education at the Arlington School Lawrence and the Lawrence YMCA

Brain Education is used in over 400 schools in New York. It was also introduced to the United Nations by founder Ilchi Lee where it was brought to the small country of El Salvador.

Have you heard of El Salvador?

It's a small Central American nation that has suffered from civil war, natural disasters, and more recently, overwhelming gang and drug violence. In 2016, El Salvador had the highest murder rate per-capita of any country in the world.

Things have been so bad that even school children encounter gangs, drugs, and death on a daily basis, and teachers risk their lives just coming to the schools to teach.

In such an environment, is it any wonder that many people, young and old, have lost hope?

7 years ago, the IBREA Foundation began a program to teach Brain Body & Brain Yoga and were founded and created by Ilchi Lee.

With the support of many courageous and dedicated school teachers and administrators, the Brain Education program produced incredible changes in the public schools. Mentally and physically-related absenteeism dropped dramatically, and students and teachers saw improvement in measures of physical health, stress management, focus and achievement. The results were so good that, after starting with just one school, the program has

BODYnBRAIN: PAGE 22

Encrypting Police Scanner in Lawrence is Wrong

Rich Russell
VALLEY PATRIOT REPORTER

On December 20, 2018, as Mayor Dan Rivera was having his annual Christmas party, a tragic event happened.

The Lawrence Police Department ENCRYPTED all of their radio traffic including their routine dispatch transmissions.

A new radio system was part of the City's Capital Improvement Program. The upgrade was mentioned in the CIP plan as far back as 2017. The projected cost was going to be about $950,000(+/-).The bid documents called for a radio system to be in either the 700 or 800 megacycle Public Safety bands. Well, that didn't happen and I won't get into that situation right now.

The system has since been completed and guess what? No 700 or 800 megacycle Public Safety band frequencies.
A change was made in the type of radio system to be installed, but a source in City Hall states that no change was made in any bid documents. The new system had mention of and provision for encryption of radio transmissions.

I, and others, assumed that the encryption would be used on an 'as needed' basis on a secondary frequency.

Well on December 20th, the encryption hit the airwaves.

No one can say at the present time, with any degree of certainty, who authorized the total encryption of all of Lawrence Police's radio traffic.

Word of mouth on the street has it that the encryption is for the safety of the police officers.

That got me to thinking about how many communities in Massachusetts and in the counties that abut Massachusetts use encryption and I found out the following:

"A little update on encrypted police radio system.

MA is surrounded by 5 states, RI, CT, NY, VT, and NH.

These 5 states have a total of 12 counties that abut MA.

The abutting counties in RI (1), CT (4), NY (2), and VT (2) have no encrypted police radio systems.

NH has 3 counties abutting MA; 1 county, Rockingham has no encrypted police radio systems. In Hillsboro County only the Hudson PD is encrypted and in Cheshire County, only the Cheshire County Sheriff has an encrypted system.

In MA, 8 of the 14 counties, Norfolk, Bristol, Barnstable, Dukes, Nantucket, Worcester, Hampshire, and Franklin, have no encrypted radio systems.

Of the remaining 6 counties, in Berkshire only Monterey(1) and Great Barrington(1), in Hampden only Holyoke(1*) and Springfield(8), in Plymouth, only Brockton(1*), in Suffolk only Boston(2), in Middlesex only Lowell(1*), and in Essex only Methuen(1*), Haverhill(2), and Lawrence(possibly 3).

An (*) indicates that only the local police departments secondary channel is encrypted.

The 2 channels in Boston are Command

SCANNER: NEXT PAGE

18 Local Lenders Offer Valley Small Businesses $2 Million Emergency Loan Fund

Small Businesses impacted by the gas emergency have access to capital thanks to local, collaborative Financial Institutions.

BOSTON – December 19, 2018 – Massachusetts Growth Capital Corporation (MGCC) announces the full funding of a $2 million recapitalization of the Merrimack Valley Small Business Emergency Loan Fund with support from 18 local financial institutions. The additional capital brings the total loan fund to $3 million, supported by 25 lenders providing a combined contribution of $2.1 million and MGCC supporting with $900.

In September, following the gas line explosions in Lawrence, Andover and North Andover, the Baker-Polito Administration announced the creation of the Merrimack Valley Small Business Emergency Loan Fund. MGCC and ten lenders provided an initial $1 million in capital, partnering with the Lawrence Partnership and Mill Cities Community Investments (MCCI) to develop the fund and assist impacted small businesses. A month later, the Baker-Polito Administration announced the $2 million recapitalization of the loan fund at a press conference in Andover attended by community leaders, participating lenders, small business owners and local elected officials.

"The collaboration of financial institutions to address the needs of small businesses was urgent and although complex, was immediate," said Larry Andrews, President of MGCC. "It is imperative regionally for each of us to consider buying from those businesses located in North Andover, Andover and Lawrence through the holiday season and into 2019. The greater the participation of new customers for these small businesses, the faster resumption of profitability and success."

Today, the recapitalization's full funding announcement honors the contributions of the financial institutions to the small businesses affected by the disaster. These lenders have given impacted businesses the ability to rebound from this emergency with access to immediate capital as they work to re-open their doors. It has been a unique opportunity in which an unprecedented number of financial institutions, historically competitors, came together to align resources and support the affected communities. The leadership of these lenders is demonstrated in recognizing the needs of small businesses during this crisis.

"The alignment of so many leaders for the banking industry is remarkable not only in its impact for the impacted businesses, but also as a show of unity and commitment to the future of these communities," said Derek Mitchell, Executive Director of Lawrence Partnership.

The $2 million fund recapitalization is supported by 18 lenders contributing a total of $1.6 million, combined with $400,000 from MGCC:

- Berkshire Bank
- Cape Ann Savings Bank
- Century Bank
- East Boston Savings Bank
- Eastern Bank
- Enterprise Bank
- First Ipswich Bank
- Leader Bank
- Lowell Five Bank
- North Shore Bank
- Northmark Bank
- People's United Bank
- Reading Co-operative Bank
- Salem Co-operative Bank
- Santander Bank
- South Shore Bank
- Stoneham Bank
- Wakefield Co-operative Bank

The initial fund was made possible by ten lenders providing a total of $500,000, combined with $500,000 from MGCC:

- Align Credit Union
- Digital Federal Credit Union
- Eastern Bank
- Enterprise Bank
- Jeanne D'Arc Credit Union
- M. Valley Federal Credit Union
- Pentucket Bank
- Reading Co-operative Bank
- TD Bank
- The Savings Bank

Three lenders - Eastern Bank, Enterprise Bank and Reading Co-operative Bank - participated in the initial capitalization, as well as the recapitalization.

Enterprise Bank was the lead bank on this initiative, organizing the 25 lenders' participation and the administration of funds.

In its commitment to helping small businesses recover from this disaster, Columbia Gas contributed a $250,000 loan loss reserve in the fund's initial round and a $500,000 loan loss reserve in the second round, totaling $750,000 since the fund formation.

Merrimack Valley Small Business Emergency Loan Fund Details

Overview

Any business that has been impacted by the recent gas disaster will qualify for the funds, including businesses from Lawrence, Andover and North Andover.

This fund is being offered with no payments and no interest for the first six months. For businesses that extend beyond a six-month period, market rates will apply and loans can be extended or restructured for multi-year term loans. Businesses can apply for up to $50,000. There is no minimum loan amount.

How to Apply

The fund is designed to create an expedited application and approval process, with the goal of getting all applications processed within 24 to 48 hours.

Mill Cities Community Investments will receive all applications for this fund and will process internally.

Contact MCCI by phone, email, or in-person at:

50 Island Street, Suite #103
Lawrence, MA 01840
978-258-2772

For a full listing of required documentation go to www.wearelawrence.org/lawrencegasresponsebusiness.

SCANNER: FROM 8

channels.

There are encrypted MA State Police frequencies that I have no knowledge of. The MSP, for the most part is unencrypted.

The BAPERN (Boston Area Police Emergency Radio Network) does have a variety of tactical frequencies that can be encrypted.

In MA there are 3 communities, Haverhill, Lawrence, and Springfield that use encryption on a fulltime basis; and 4 communities, Lowell, Methuen, Brockton, and Holyoke that use encryption on an 'as needed' basis. Boston, as I mentioned earlier, Boston uses encryption for its Command Staff communications.

So, only 3 out of MA's 351 communities use encryption and 4 others use it on an 'as needed' basis.

Lawrence is the 12th largest community in the state.

Somehow, I fail to see the rationale in the Lawrence Police Department encrypting all radio traffic. Many police agencies say that they rely on information from scanner listeners.

Lawrence does have a crime problem, but it also has a secondary frequency that it can use to hide their sensitive communications."

We, the voters, authorized this radio system by electing our council who authorized this expenditure and the taxpayers authorized this expenditure by paying our taxes.

By the above actions, the citizens of Lawrence have had the door of 'Public Transparency' on the routine work of the Lawrence Police department slammed in our face. We deserve better treatment than this by all involved. ◊

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Legislature Tackled Key Issues with Practical Solutions

2017-2018 Session Recap:

Rep. Linda Dean Campbell

During the 2017-2018 legislative session, my colleagues and I worked together in a bipartisan way to address pressing issues facing Massachusetts residents, from the opioid epidemic to economic development to natural gas infrastructure safety. The State Legislature passed major laws to strengthen our communities and improve both public health and safety. Highlights include:

• A law to combat the opioid epidemic by expanding addiction treatment and prevention. An amendment that I filed to improve police training during a substance abuse crisis response was included in the final law.

• A law to enhance Veterans' benefits, including an expansion of Veteran property tax exemptions and financial assistance for Veteran funeral costs. A bill I sponsored to establish an annual Women's Defense Corps Remembrance Day also passed into law.

• A law to provide non-partisan civics education in our public schools through a hands-on, project-based approach, passed into law. I was the proud sponsor of this bill in the House.

• A law to fund critical economic development projects across the Commonwealth. This included funding which I secured for the cities of Methuen and Haverhill.

• A law to protect our environment by funding key environmental projects and helping communities plan for the effects of our changing climate. This law included funding I secured to develop a storm water management plan for Methuen and for improvements to the Bradford Rail Trail.

• A law to ensure the safety of our natural gas infrastructure by requiring that plans for maintenance work be reviewed and approved by a certified engineer.

• Laws to improve the well being of public safety officials by ensuring confidential mental health care and the designation of cancer as a work-related injury for firefighters.

• A law to reduce youth tobacco consumption by allowing only individuals age 21 and older to purchase tobacco products.

• A law to reform our criminal justice system so that it is more focused on rehabilitation, reasonable judicial discretion, and public safety.

• A law to prevent gun violence by allowing courts to remove guns from dangerous or suicidal individuals while preserving the owner's right to due process.

• A law to establish a $15 minimum wage and paid family & medical leave programs, created in a way that balances the needs of small businesses and workers which is implemented in a responsible time frame.

• A law to establish automatic voter registration for eligible voters, which will improve the accuracy of our voter rolls.

• A law to expand clean energy in the Commonwealth, including critical technologies like energy storage.

• A law to regulate and tax short-term room rentals to ensure consumer safety and a level economic playing field for the hotel industry.

This was a very productive session, but there are many important bills that did not make it across the finish line. I look forward to continuing to work with all next session to enact critical legislation important to the great people of the Merrimack Valley and the Commonwealth. I wish you all a joyful, peaceful, and rewarding New Year!

State Representative Linda Dean Campbell represents the cities of Methuen and Haverhill in the State Legislature and currently serves as Vice Chair of the Revenue Committee. She can be reached at Linda.Campbell@mahouse.gov or at 617-722-2380.

IN YOUR CORNER with SENATOR DIZOGLIO

A Column Just for Readers of The Valley Patriot!

EDITOR'S NOTE - This month, Methuen resident Diana DiZoglio was sworn in as a State Senator in Boston, replacing Senator Katy Ives of Newburyport. Ives chose not to run for reelection last year to spend more time with her family. We want to thank Senator Ives for her six years in the senate and for writing an exclusive "In Your Corner" column for the Valley Patriot every month to inform our readers of what is happening on Beacon Hill with your tax dollars.

This month, we are honored to have former State Representative, and newly sworn State Senator Diana DiZoglio picking up where Senator Ives left off with her own column every month.

While other newspapers give you their "version" of what your state legislators are doing on your behalf, we believe it is important that our readers get to hear that information from the newsmakers themselves, unedited and unfiltered by an editorial newsroom agenda. We look forward to Senator DiZoglio's column each month as she navigates the 191st General Court, and we know it will be filled with substance that will inform and educate you about your state government.

***

WELCOME TO MY FIRST COLUMN

Hello!

First off, let me start by wishing everyone reading this a Happy New Year. I am so excited to get to work representing the wonderful people of the 1st Essex District in the Massachusetts State Senate.

I also want to thank Kathleen O'Connor Ives for working so hard on behalf of this district over the last six years and to express what an honor it is to follow such a strong, accomplished woman in this seat.

Having already represented a good portion of this district in the House of Representatives, I know of the challenges and opportunities found in this large, diverse district.

The job of a senator is to bridge the gap between local concerns and government solutions, whether those concerns are related to tax relief, helping create good-paying jobs, lowering the cost of living, or helping seniors and veterans.

In order to make progress on these issues, I have sought to cross party lines to help craft bipartisan solutions as your independent voice on Beacon Hill.

Looking for the best Merrimack Valley solution — the best outcome for the people who live in the places I love and made me who I am today — is job number one for me.

As we start the 2019-2020 legislative session, I'm hitting the ground running on Beacon Hill advocating for policies that will help businesses grow in the Merrimack Valley, protect equal rights for all, and increase transparency in state government.

From day one, my goal in public office has been to improve the lives of the people who live and work here and make the Merrimack Valley such a promising, dynamic place. That work will continue in the state senate, a forty member body where my voice — and yours — will be amplified.

On that note, I look forward to appearing in the pages of The Valley Patriot each month and I invite you to reach out to me with any input on how I can voice your opinions, wants and desires on Beacon Hill.

While we're still waiting on a permanent office assignment in the state senate, my temporary office number is (617) 722-1604.

My new senate email is diana.dizoglio@masenate.gov and I encourage everyone to reach out to me at any time.

There has been great progress made over the last few years here in the Merrimack Valley and together, we will continue to make our region the best place to live, work and learn in Massachusetts.

All the best, Diana

Greater Lawrence Family Health Center

Syringe Services Program

Greater Lawrence Family Health Center's Syringe Services Program helps keep the city clean & safe. Sharps disposal kiosks can be found outdoors at these locations:

Main Site | 34 Haverhill St.
North Site | 150 Park St.
Community Support Services | 100 Water St.

Proper Disposal of Sharps Containers

- NO LOOSE NEEDLES
- All sharps MUST be disposed of in a sharps container
- If you do not have a personal sharps container, you may use a puncture-resistant container such as a one-gallon bleach bottle, or a one-pound sealed, taped coffee can.
- NO glass containers
- NO paper or plastic bags
- DO NOT leave a container outside the kiosk
- DO ask for assistance if kiosk is full

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If you find a syringe, do not pick it up and attempt to dispose of it yourself. Contact us online or over the phone using the information below, and a member of our team will ensure that the syringe is properly disposed of.

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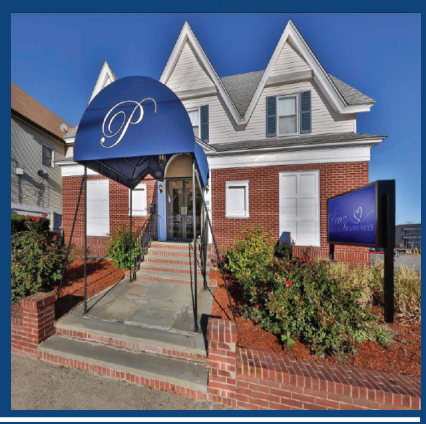

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Line of Duty Police Deaths Skyrocket in 2018

144 Law Enforcement Officer Fatalities Nationwide in 2018

Overall fatalities increased 12 percent with firearms-related fatalities the leading cause of officer deaths.

Washington, DC—The number of law enforcement professionals nationwide who died in the line of duty in 2018 increased over the previous year according to the National Law Enforcement Officers Memorial Fund, a nonprofit group that has long tracked officer fatalities. The Memorial Fund announced in its 2018 Preliminary End-of-Year Law Enforcement Fatalities Report that 144 federal, state, local, tribal and territorial officers died in the line of duty over the past year, representing a 12 percent increase over the 129 officers who died in the line of duty in 2017.

Firearms-related fatalities claimed the lives of 52 officers in 2018, a 13 percent increase compared to the 46 officers killed in firearms-related incidents in 2017. Of the 52 officer deaths, 14 occurred while officers were attempting to place an individual under arrest. Eight officers were killed while conducting an investigative activity. Six officers were killed responding to domestic disturbance and public disturbance calls, each totaling 12. Five officers were ambushed in 2018, a 50 percent decrease over 2017. Four officers were shot and killed conducting traffic stops. Two officers were killed while serving warrants and two officers were killed while handling or transporting prisoners. Two officers were inadvertently shot by other law enforcement personnel. One officer was killed while responding to a burglary; one was killed during a tactical situation and one was killed while responding to a call for an armed suicidal suspect.

Handguns were the leading type of firearm used against law enforcement in 2018. Of the 52 officer fatalities, 31 officers were shot and killed with a handgun; four were disarmed and shot with their own duty weapons.

Traffic-related fatalities increased nine percent from 2017 with 50 officer deaths. Of those, 32 officers were killed in crashes. Fourteen officers were struck while outside of their vehicle, a 56 percent increase over the nine officers struck and killed in 2017. Four officers were killed in motorcycle crashes.

Of the 32 vehicle crashes, 16 were single-vehicle crashes, a 14 percent increase over the previous year when 14 officers died in single-vehicle crashes. Seven of those single-vehicle crashes involved officers who were responding to a call for service or as backup to another officer at the time of the crash.

The number of officer deaths from other causes also rose in 2018. Forty-two officers died of causes other than firearms- or traffic-related incidents, a 14 percent increase over the 37 who died in 2017. Job-related illnesses such as heart attacks or strokes were the cause of 18 officer deaths, a 17 percent increase over the 21 who died in 2017. Of those 42 deaths, 15 officers died due to cancers related to search and recovery efforts after the attack on the World Trade Centers on September 11, 2001. Four other officers drowned, three were beaten to death, and two officers were struck by a train.

Texas, Florida, California, and New York had the highest number of officer fatalities with 11 each. North Carolina had seven deaths; South Carolina, Georgia, and Indiana each had five. Two territorial officers and 10 federal officers also died in 2018. Fourteen states and the District of Columbia did not lose an officer in 2018.

Of the 2018 fallen officers, 134 were male and 10 were female. The average age was 41 years with an average length of 12 years of service.

"The rising number of law enforcement officer deaths in 2018 is disappointing news after a decline in 2017," declared National Law Enforcement Officers Memorial Fund CEO Craig W. Floyd. "Sadly this reminds us that public safety is a dangerous job and can come at a very steep price. We must never take the service and sacrifice of law enforcement officers for granted, and we must remember the families of the fallen who are left behind."

There are currently 21,541 names of officers killed in the line of duty inscribed on the National Law Enforcement Officers Memorial in Washington, DC, dating back to the first known death in 1791. The deadliest year on record for law enforcement was 1930 when 307 law enforcement officers were killed in the line of duty. The last time officer fatalities dipped below 100 for a single year was 1944.

The statistics released are based on preliminary data compiled by the National Law Enforcement Officers Memorial Fund and do not represent a final or complete list of individual officers who will be added to the National Law Enforcement Officers Memorial in 2019.

For a complete copy of the preliminary 2018 Law Enforcement Fatalities Report, go to: www.LawMemorial.org/Fatalities-Report. ◊

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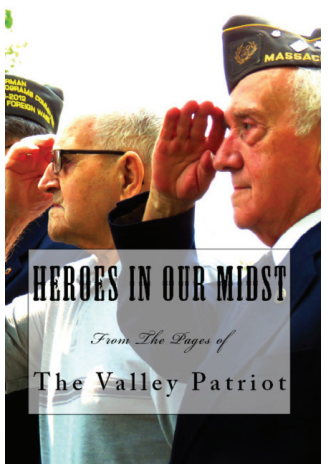

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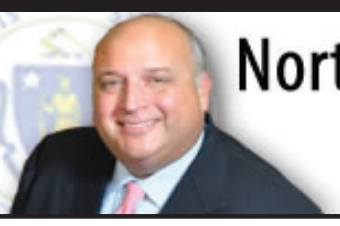
Property Sales, Foreclosures for DECEMBER, 2018 in Andover, Lawrence, Methuen, North Andover. (All properties are listed in order; seller, buyer, price, address.)



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ANDOVER

Sandra Ann Ciolfi, Michael Girouard, $425,000, 35 Pine St

Patricia May & Alexander F Wojcik, Sean Joseph & Jaclyn A McNulty, $420,000, 55 Prospect Rd

Scott A Harrison & Robin A Heller-Harrison, Kevin M & Christina M McCarthy, $615,000, 2 Bittersweet Ln

Andrew J & Janean Doherty Sullivan Trs & Sullivan Family Revocable Trust, Ryan P & Erin C Gaffney, $583,500, 39 Enmore St

Historic Mills Realty Trust & Louis P Minicucci Jr Tr, Tyler J Frederick, $320,000, 4 Powder Mill Sq Unit 107D

Lisa M Yameen/Lisa M Yameen Ash & Peter B Ash, Todd Pietrasiak, $310,000, 250 North Main St Unit 3

Haggetts Nominee Trust & Russell S Channen Tr, Hanna Realty Trust & Kareem S Abu-Zahra Tr, $1,225,000, 245 Haggetts Pond Rd

Twin Birch Development LLC, Scott E & Emily Freeman, $1,150,000, 112 Ballardvale Rd

Charles G & Marilyn C Clarkson, Carlos A Alcantara & Tania Caires Alcantara, $1,120,000, 99 Spring Grove Rd

James & Mariah Berberian, Bella Condos LLC, $925,000, 27 Bobby Jones Dr Unit 8-2

William A & Debra K Davidson, Deepak Singh Khetwal & Monika Shah, $647,000.00, 8 Pheasant Run

Westgate Development Inc, An Phuong Hoang Vo, $640,000, 44 Bailey Rd

Pamela Yameen, Lisa Yameen Ash, $292,622.60, 250 North Main St Unit 7

Locke Tavern LLC, Peter Kelley, $255,000, 111 Main St Unit 4

Anthony & April Adams, Kristina M Regonini, $237,000, 6-12 Maple Ave Unit 6-2

Barry J & Theresa J McQuade, Ann Marie Rhodes, $588,000, 196 Chandler Rd

Beverly J MacLeod, Cattle Crossing LLC, $395,000, 86 Ballardvale Rd

Doreen Cassidy, Chris J Mourtzinis, $225,000, 16 Balmoral St Unit 422

William F Sperr, Katie Anderson, $185,000, 111 Main St Unit 3

Peter J Sproul, Miyoung & Nguyen Chau, $685,000, 11 Lowell Junction Rd

Bedell Realty Trust & Christopher J Bedell Tr, Andrew Bedell, $625,000, 9 Hemlock Rd

Rosemarie Martin, JCE Property Development LLC, $340,000, 49 North St

Dayle Lafoy & Lisa Mahood, Benjamin Ledwell, $262,900, 16 Balmoral St Unit 412

Mark C & Erin L Nardone, Zhengrong Chen, $1,680,000, 7 Barron Ct

Richard F Benson, Joseph J Benson Jr & Joseph J Benson Sr, $500,000, 147 Chestnut St

Michael N & Allyson M Ciccia, Jeffrey & Jessica Lopresti, $900,000, 93 Pine St

Donald B & Elizabeth B Abbott, Jeneva H Panopoulos & Timothy J McGrath, $437,000, 300 South Main St

Keith L & Nicole M Corcoran, Andrew William Sievert, $365,000, 3 Clinton Ct

Francis J & Mary Louise Caffrey Trs & Caffrey Andover Realty Trust, Francis J Caffrey, $479,167, 47 Woodland Rd

Agnes Dabek & Bradley Chalk Jr & Brad Chalk, Tsz & Karen Yip, $300,000, 22 Railroad St Unit 105

William C & Janice Brouillard Trs & Brouillard Realty Trust, Jason & Ann Thomas, $763,000, 4 Patriot Dr

Richard Panock, Amy Gunther Gribbel, $599,900, 170 Summer St

Patrick L & Myong S Saunders, Helio J Lombana, $310,000, 200 Brookside Dr Unit 200A

George J Saideh Jr Tr & Pamela J Saideh Smith Tr & George J Saideh Irrevocable Trust, Nadra Sultan & Msabah Msabah, $510,000, 13 Bradley Rd

Sick Boy Homes LLC, Andrea K Schreck, $450,000, 31 Chandler Cir

Paul W Lyons Jr & Charlotte A R Lyons, Gerard C Vye & Molly A Hebert, $608,700, 4 Seten Cir

Pulte Homes of New England LLC, Lorraine Previte, $440,000, 1 Francis Dr Unit 1206

Po Tse, American Training Inc, $565,000, 20 Brady Loop

Richard & Jane Feinberg Realty Trust & Richard M & Jane S Feinberg Trs, Jason C Feinberg, $485,000, 33 Michael Wy Unit 30

Pulte Homes of New England LLC, Judith Theresa Agnes, $365,000, 1 Francis Dr Unit 1403

Tactician Investment Trust LLC, Christian Baker, $245,000, 16 Balmoral St Unit 214

Michael W Weatherwax, Paresh & Shamee Mane, $680,000, 4 Inwood Ln

Easyre USA LLC, Indigore LLC, $288,888, 204 Andover St Unit 403

LAWRENCE

Lorenzo A Perez Juana Devers, Rita Quezada-Jimenez & Gilberto I Jimenez, $475,000, 118 Woodland St

Olli Penniman, Jose A Colon Jimenez, $432,000, 236 Hampshire St

Wendy Y & Jose A Estrella Trs & AG&J Realty Trust, Muhammad Arshad & Fiordaliza Cruz, $420,000, 122-124 Oxford St

Robert J Erban Jr & Joseph A Dionne, Ivan A Valenzuela, $289,999, 17 Kress St

Donna J Bernard, Fernando De La Cruz Joga, $247,000, 27 Front St

CHLOE LLC, Miguelin Contracting Inc, $140,000, 47 Durham St

20-30 Island Street LLC, Island Parkside LLC, $2,800,000, 20-30 Island St

JARMS CORP, Merrimack Street LLC, $420,000, 33-37 Winter St

Dario & Roma Gonzalez, Yanet A Martinez, $230,000, 120 Abbott St

Marlene E Aznoian, VS Cruz Realty LLC, $250,000, 4-6 Sylvester St

Justju LLC, Livia Colon, $145,000, 480 Haverhill St

Jerry O Urbaez, Rafael E Tiburcio, $385,000, 76-78 Saratoga St

Danny Azzi, Alba Nellys Rosario & Ernesto Hugo Rodriguez, $235,000, 377 Water St

Securitized Asset Backed Receivables LLC Trust 2006-NC1, John Harden, $190,000, 38 Congress St

Daher Group Inc, Julius Lwomwa, $450,000, 5 School St

Henrick & Loretta E Doyley, Deiby Faulkner & Luz Y Castillo, $93,000, 4 Fairmont St

Betsie Y & Osiris M Rodriguez, Frank Efezokhae Jr, $485,000, 268-270 Hampshire St

Merecedes Cedano & Victor A Richardson, Jean E Cezard & Marceline Beauliere Cezard, $465,000, 71-73 Brook St

Jose Adames & Gabriel Garcia, Yanet Corniel Valdez & Joel Dario Cedano, $465,000, 15 Hudson Ave

Evangelina Diaz, Maximo Gutierrez Ortiz & Perla Estevez, $377,000, 314-316 Howard St

Ana M Miranda, Nicodemo Ortiz-Sepet & Yohana Rodas-Macario, $255,000, 15 Floral St

Premium Properties Inc, EZ Living LLC, $151,000, 459 Lowell St

Lawrence Redevelopment Authority, Cafua Realty Trust LXV LLC, $20,000, Maple St

Santa & Olmedo A Jaime, Maria S Javier, $495,000, 35-37 Wilmot St

Raleigh Realty Trust & Kathleen A Hughes Tr, Benjamin Y Guzman Alberto, $422,500, 124-126 Bailey St

Zachary P Barry, Alejandro Peralta & Ashley E Pepin, $284,000, 144 Gilbert St

Jody S Safford, Ana M Jimenez, $310,000, 20 Marlboro St

Raymond A Lheureux, Yolanda Abreu, $300,000, 20 Doyle St

Joan R Costello/Joan R Costello-Marte, Edgar Correa & Miryam Mejia, $299,000, 10 Lorenzo Rd

Kyle James Harrison, Helmut Floesser, $290,000, 37 Marlboro St

Aaron Gatta & Daniel Gatta, Leo Turco, $395,000, 85 Lynn St

Robert A Norcross II Tr & 44-46 Bennington Street Realty Trust, Rony Santos Polanco, $350,000, 149 Myrtle St

Theodore J & Rosemarie E LaBrecque Trs & Theodore J & Rosemarie E Revocable Trust, Ana A Reynoso Paulino & Franzix Mendoza, $320,000, 30 Boyd St

Elie Antar, Mathew L Rasetta, $120,000, 260 East Haverhill St Unit 15

Long Term Rentals LLC, Dinorah Mienkowski & Dikaury Guzman Nolberto, $410,000, 193 Prospect St

292 Prospect Street LLC, Friba LLC, $325,000, 292 Prospect St

Osvaldo Espinosa, Darlysha C Gonzalez & Luis N Gonzalez Vargas, $280,000, 133 East Haverhill St

Purinton Realty LLC, Nicolas Rodriguez, $277,000, 55 Farnham St

Tomas Perez & Amalia Cavallo, Jose M Mercado Cabrera & Gabriela M Nunez Ventura, $166,000, 312 Water St Unit 11

Kania Martinez & Ignacio Morales, Georgina & Mayrozely Figuero, $466,000, 232-234 Bailey St

Doris & Ruben Torres, Nelson D Guzman Polanco & Juan T Guzman, $347,000, 16 Logan St

JMF Realty LLC, Andres Guzman & Yeslie O Solivan, $273,000, 29 Marlboro St

Charles J Saba, Joseph R & Michael J Abesamra, $430,000, 12 Mt Vernon Cir

Frank L Korycki Living Trust & Katherine Lacharite Tr & Frances Dionne Tr, Shawn M & Norah M Slattery, $230,000, 36 Stevens Ave

Pacific Mills Acquisition LLC, Southside Funding LLC, $4,150,000, 300 Canal St Unit 1

Briana Lemieux, Bellelin Reyes Peralta, $380,000, 201-203 Cypress Ave

Thomas J Delaney & Richard D Reedy , Elizabeth Pincus & Adam Case, $335,000, 484 Mt Vernon St

Agata La Spina, Cesar E Ortiz Payano & Andy J Ortiz, $240,000, 95-97 William St Unit 1

24-26 Falmouth Street LLC, Nancy Fernandez, $410,000, 24-26 Falmouth St

Teresa L Elliott Tr & Michael J Brigham Tr & Joseph & Mary Guerin Family Trust, Carlos Andino, $310,000, 436 Mount Vernon St

Diane M Croteau & Gene P Kendall Est, Amado Martinez, $285,000, 30 Lisa Ln

Frederick & Patricia Cannon Family Trust & Frederick M & Patricia B Cannon Trs, Wista Jean-Marie & Max Lambert, $245,000, 90 Ames St

Maria Arias, Lisbeth R & Ramon Vidal, $395,000, 41 Mechanic St

BCAD LLC, Damaris Anziani, $400,000, 34-38 Park St

Christopher J & Rhiannon Gonzalez, Maria Tejada & Randy J Fermin Vasquez, $365,000, 1-3 Arlington St

Koby J Albrecht, Ramon Gonzalez,

REAL ESTATE: PAGE 21

SNOWFLAKES: FROM PAGE 2

other tough topics.

My social libertarian roots consistently follow the principle that so long as the activity doesn't adversely impact me, causes harm to others, or somehow takes away the consent of others, than I am fine with that activity as part of a free society. But it really is hypocritical in the extreme when social media warriors call to the carpet benign and decades-old holiday songs while ignoring music that calls for women to be pimped out or drugged for non-consensual sex. Have some millennials ironically morphed into their parents in their level of tolerance on music, books and contrary views? In many respects, they both want to remove major educational, entertainment and literary items from a free society.

It is honestly not shocking given what is sadly occurring too often on campuses across the nation. When I attended a liberal arts college back in the 1990s, I was exposed to Howard Zinn's "A People's History of the United States" along with the Federalist Papers. Lively classroom debates would include whether the American Revolution actually met the true definition of a revolution. What defined a terrorist versus a freedom fighter? When is war necessary? Has our foreign policy done more harm than good? The learning environment fostered reading and research, points and counterpoints, reason and logic.

Nowadays, campuses are refusing to host certain speakers, clamping down on dissent, and creating a tunnel vision whereby only one political philosophy exists. That is inherently flawed and counterproductive in a free society. It also does a grave disservice to students because neither liberals nor conservatives have an absolute monopoly on truth, reason and a better pathway to the future of this country. But, unfortunately, over time faculty members, students, and fearful school administrations have apparently become so sensitive to the countless trigger claims raised that many of the objections have really merged into ceaseless white noise. No one wants to venture forward anymore and be a trailblazer. The path of least resistance ends up being the one that routinely denies speakers an audience, bans forums, delists books from classrooms and libraries and creates larger and larger safe spaces—so as not to offend anyone. The chilling effect really shuts down critical thinking and a marketplace of ideas at the expense of everyone. My personal discomfit on certain things should not be an exclusive rationale to do away with such things.

A person who is ultimately triggered by almost everything is really no different than the frog from the old fable, who continues to swim in slowly boiling water and yet does not realize what is occurring in its immediate environment. When a real issue of tremendous importance suddenly arrives on the scene, it will have been too late to respond. ◊

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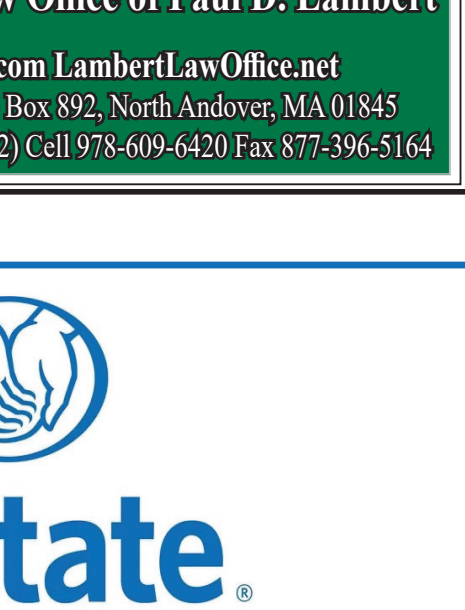

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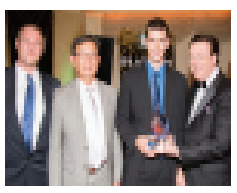

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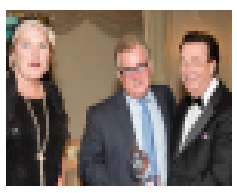

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ABBY'S TEEN TALK

A New Year, A New Box of Band-Aids?

Abby Juknavorian
VALLEY PATRIOT TEEN COLUMNIST

In 2018, over 300 mass shootings occurred. According to Business Insider, there has "been nearly as many U.S. mass shootings as days in 2018." What I find most upsetting as a high school student about this fact is that 95 of those were committed in K-12 schools (data from the U.S. Naval Postgraduate School). What exactly has been done you might ask to prevent these atrocities from happening? Not much. On December 18th, the Trump Administration announced a ban on bump stocks. A bump stock is an attachment that enables a semiautomatic rifle to fire faster. In November, President Trump talked about the then in progress ban, by saying, "So we're knocking out bump stocks… I've told the N.R.A. I've told them: Bump stocks are gone." This comment was made during a news conference announcing the U.S.'s new trade agreement with Canada. A month later, residents of the U.S. have finally seen this ban come to light. But is this really the solution to the bigger problem at hand or is it just a band-aid on an already infected wound?

Bump stocks were originally brought into the media when they were found on twelve of the Las Vegas shooters rifles. Twelve rifles that aided in the killing of 59 people and wounded 527 others. However, in Parkland Florida at the Marjory Stoneman Douglas, bump stocks were not used in the killing of 17 students and teachers. So, is this ban really going to provide a sufficient solution to the nation's problems with gun violence? Probably not. In an opinion piece for the Washington Post, California Senator Dianne Feinstein commented on the ban saying, "But let's not celebrate too quickly. Presidents can rescind regulations just as easily as they create them, and in this case, the bump stock ban will likely be tied up in court for years. Only hours after the Trump administration released its final regulation, Gun Owners of America announced it would file a lawsuit." Senator Feinstein is absolutely right. Donald Trump is the President. He controls what bans and laws and such are signed. As the American people, we have the duty and privilege to speak up for the change we want to see, and bump stocks are only the start on a long road ahead. In a piece for NPR, William Rosen, Director of State Policy and Government Affairs at Everytown for Gun Safety agrees with many gun advocates on one point. Rosen stated that the Las Vegas shooting aside, bump stocks are a relatively unimportant factor in gun violence seeing as they're rarely used in crimes. Rosen went on to further state that, "Prohibiting bump stocks is a very small part of the overall strategy to reduce gun violence in this country," and he sees tighter and more restrictive federal gun laws in the future.

As 2018 came to a close, the American people need to start taking more action and really show everyone how to get things done. As a new Congress is seated in 2019, I encourage everyone to join the movement and help children, parents, loved ones, and strangers stay safe and secure in all environments. Whether it be school, a concert, a place of worship. or anywhere else, nobody should have to deal with feeling unsafe or unsure. If you'd like to get involved, you can visit sites like everytown.org, marchforourlives.com, and several other organizations found in your own communities. ◊

Abigail Juknavorian is a junior in high school and a resident of Methuen. She is a member of the YMCA Youth and Government Press Corps and a delegate to the UMASS Lowell Model UN.

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Grace Has A Pace!

Peter Larocque
RELIGION COLUMNIST

Happy New Year! My prayer for all of you who read this column is that you will experience in 2019 the unconditional, never changing, overwhelming power of the Love of God!

You see folks, God is for you and not against you. No matter what situation you find yourself in as you read this, God's everlasting arms are around you, holding you and carrying you through whatever it is that you are facing today.

God has never and will never give up on you! Why you may ask? Because you matter to Him, you are special, you are His masterpiece created in Christ Jesus!

He gave His only begotten son Jesus, to die for you so that through His shed Blood you will receive forgiveness of sins and eternal life!

So, with all of that in mind, let's begin 2019 by not following the tempo of the world. The world has a hectic flow to it which we don't have to succumb to. We can choose to go at the same pace as Jesus did while he was here on earth which is the Pace of Grace. Let's read together Matthew 11:28 -30, "Come unto me, all ye that labour and are heavy laden, and I will give you rest.29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.30 For my yoke is easy, and my burden is light."

Now let's read these same verses from The Message Bible, "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. 29 Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. 30 Keep company with me and you'll learn to live freely and lightly"

If we try every day to keep up with the forced rhythms dictated by the world we will eventually burn out. But Jesus' plan for us is to follow him and his unforced rhythms of Grace so that we will be like the burning bush that Moses saw, always burning but not burning out!

Living stressful lives is not God's plan for his children. It is just the opposite! God wants us to live a life of rest, that was not a misprint, you read it right, a life of rest. Hebrews 11:4 speaks to this, "Let us labour therefore to enter into that rest, …" This is the ultimate oxymoron, labor to enter His Rest. God tells us straight out that we are to labor into His rest! Now I am not saying that God doesn't want us to go to work each day, no that's the way of the lazy man. But we can catch hold of the rest that is only found in the finished work of Jesus at the cross! When Jesus said it is finished, he meant it! That's living in His rest, the rhythm of Grace, the unearned, unmerited and undeserved favor of God!

The world's way of thinking is unless you or I do something, nothing will get done. But God's Word says in John 15:4-5, "Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." Without Jesus, we can do nothing! The same energy, the same strength that goes through the vine, goes through the branches.

So, my friends, I don't know about you but I think I'll go with Jesus and put my trust in him so that together we can bring about much fruit which means getting something done without stress, without worry, without fear of burn out, all done by His precious Grace!

This is accomplished by keeping company with him, hanging out with him, and learning to live freely and lightly.

The Pace of Grace is set by Jesus and we just simply follow. It is when we lose focus on him, doubt, worry and fear come in and our work becomes stressful and not restful. This is when we have to recalculate like a GPS and re-focus back to the Cross of Jesus Christ which is the Power of God. This is what 1 Corinthians 1:18 is talking about, "For the preaching of the cross is to them that perish [the unsaved] foolishness; but unto us which are saved it is the power of God." I know this sounds simple, but this is the truth that sets us free!

As we begin 2019 let's make a conscious effort to rest in His Grace! Let the world do what it is going to do and you and I stay at the pace set by Jesus for us. I would like to recommend a book that goes deeper into this subject than what I can do in one column. The name of the book is, Live the Let- Go Life, by Joseph Prince. Its sub-title is, Breaking Free from Stress, Worry, and Anxiety. I pray that this resource will bless you tremendously.

Happy New Year!
Love to all of you!
Peter Larocque
peterlarocque@hotmail.com ◊

BENEATH THE SURFACE

The Witness of the Unaborted

Paul Murano
VALLEY PATRIOT COLUMNIST

24 years ago, I thought ABORTION was the only way, but I walked OUT of that clinic with my baby that day.
Psalm 139:13
10/6/1994
I SURVIVED my mom's ABORTION appt.
Today alone, 2538 people won't be so lucky.
MARCH FOR LIFE

They say a picture paints a thousand words. No picture demonstrates this more than the picture included in this article.

This picture was taken at the last annual March for Life in Washington D.C.

Powerful pictures like this need no commentary. It speaks for itself. I will simply offer a little food for thought to complement your own contemplation.

January 2019 marks the 46th anniversary of Roe vs. Wade, which legalized prenatal homicide (abortion) in the United States.

Modern science and Mendelian genetics make it clear that human beings begin their lives at conception. It was stated unequivocally in biology books before Roe vs. Wade, and has never been refuted by science since then.

Since 1973, approximately one of every three people conceived and destined to live out their lives on earth, like the woman on the right in this picture, have been aborted before birth. As a result, around one-third of our population 47 years old and under today is tragically missing. Real people with real futures, snuffed out. It is no wonder politicians have bent over backwards to allow unbridled illegal immigration for the past forty years. Legal citizens alone are not repopulating the nation.

Putting aside the unspeakable evil of rationalizing murder, the 21st century has turned into a kind of alternate reality akin to the one portrayed in the movie, "It's a Wonderful Life". We are all familiar with this Jimmy Stewart classic, broadcasted ubiquitously each year during every pre-Christmas season. It illustrated how the whole world would change if one life was never lived. Imagine how the world has changed without the 60 million lives killed before birth since 1973? That is a rhetorical question. It is impossible for the imagination to grasp the profundity of the impact the world has endured due to this abortion era. The loss of life and spiritual stench of death it has wrought deeply affects us all – despite any lack of awareness we may have.

A false understanding of liberty and a societal addiction to the sin of fornication enable the mainstream media and Democratic Party to perpetuate this big lie. Planned Parenthood continues to make ample money off killing preborn children, those who have bought into the narrative are unable face the truth about what they have done.

This is a predictable result of the combination of a loss of faith in the transcendent and the advancement in technological ability. Where there is money to be made or sex to be had, reason and science take a back seat. Not even murder will stand in the way of the faithless if there is perceived self-benefit. When love of God is lacking, the most vulnerable become victims after a slick campaign to dehumanize them. With the foolish, infinite Justice does not elicit holy fear and infinite Mercy does not inspire contrite repentance.

So, where does this leave grown-up fetuses like the mother and daughter in this picture? What do grown-up fetuses like you and I do in the midst of this tragedy and injustice? How do we love our enemies while hating the grave injustice they continue to rationalize and perpetuate? Those are the important questions we need to ask ourselves, and about which we need to pray.

Many lives (like the woman on the right, and many souls (like the woman on the left) depend on our courageous answers to these questions.

Paul Murano is a college instructor and talk show host of Beneath the Surface on WCAP 980 AM. Podcasts available at https://archive.org/details/@veritas777. Paul has graduate degrees in philosophy, theology and is certified in health care ethics. He speaks on topics relating faith and reason, and plays oldies at local venues as a one-man band. E-mail Paul at PJDM@aol.com

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IN THE GROOVE with CNDY ANNIS

Paul McCartney - Part Two

Cindy Annis
HEALTH & WELLNESS COLUMNIST

Ok.! We're back! I hope everyone had a GREAT Christmas, and a Happy New Year!! Let's get back to Paul.

The band Wings was formed in 1971. The group had no choice but to be great to follow the Beatles. That same year, in September, their daughter was born. Stella was named for Linda's both grandmothers that had the same name. The band started touring in 1972. They did a bunch of colleges and universities. Paul wanted to know if he and the band could make a go of it without doing any Beatles songs. So, they started out getting paid very small amounts, mostly what college kids had in their pockets. By the end of the ten-gig tour, they knew they were ready, and the unannounced Wings Over Europe Tour commenced. This was a 25-stop tour and mostly small places of about 3000 people or less.

Now it's time to get into some great stuff. In 1973 Wings had their first US hit. On their second album, Red Rose Speedway, there was the song "My Love." It climbed to #1 on the US charts and it was also in the top 10 in the UK. "Live and Let Die" was next. The theme song for a James Bond movie that had the same name. This was a big deal as it hit #2 in the US and #9 across the pond. It was nominated for an Academy Award. The former Beatles producer, Martin won a Grammy for his orchestration work on this one. This was considered "symphonic rock at its best!"

After some changes in the membership of the band, Wings went on to record Band On The Run. This album came out in 1973 and would be the first of seven Platinum Wings albums. This album was kind of unique as it was their first album to go all the way to the top in the US and the UK, and it would also be the first to hit Billboards Charts for three different singles. The album would stay on the charts in the UK for 124 weeks. That's about two and a half years, folks! The album won all kinds of awards and broke records. It also hit the Rolling Stones Magazine's top 500 albums of all times at #413. This album had some kickin' great stuff on it.

1975 and 1976 would also be very good years for Wings. Venus and Mars, and Wings at The Speed of Sound would be the two albums to follow Band on the Run. The Wings Over the World Tour would start in 1975. This was to be a 14-month tour is which Wings would, for the first time, perform Beatles songs. In the two hours plus concerts they would play about 5 songs that Paul had performed with his former group. Paul and Linda would have their third child named James in 1977. Also, in 1977 Wings would come out with "Mull of Kintyre." This would be the best song ever for Wings and also the best song of Paul's career. This song would sell double the previous record holder sold. Twice the sales of "She Loves You" by the Beatles. Ouch! It sold more than 2.5 million copies.

McCARTNEY: PAGE 22

HERO: FROM PAGE 1

Many of these hockey teammates were also young Americans, with immigrant French Canadian parents. The Manzano Mountain Hockey League consisted of teams from several US Military bases.

According to Global Secuity.org, the Armed Forces Special Weapons Command constructed two operational sites after World War II. One was known as Site Able, located in the foothills of the Manzano Mountains, just east of Sandia Base.

The other base was Site Baker near Killeen, Texas. Construction on Site Able started in 1946, with the first operational facilities activated on April 4, 1950. Although activated in 1950, construction on the major facilities was not finished until 1961. On February 22, 1952, Site Able was renamed Manzano Base, and operated by the Air Force, while Site Baker was renamed Killeen Base and turned over to the US Army.

Now 85 years old, for the last 80 years living in Dracut with his family. His dad was a veteran, serving in a US Army Calvary Unit. He and his wife Jacqueline, raised two sons, now 55 and, 59, both parents and sons were very involved with Lowell's Boy Scout Troop 7. Robert and his wife also have three grandsons.

Robert is a member of the Korean War Veterans Association, the American Legion, and the Disabled American Veterans.

These groups serve a very important purpose; they lobby, both formally and informally, with our elected officials to protect the rights and benefits of active duty service members, reservists, Veterans, and military retirees.

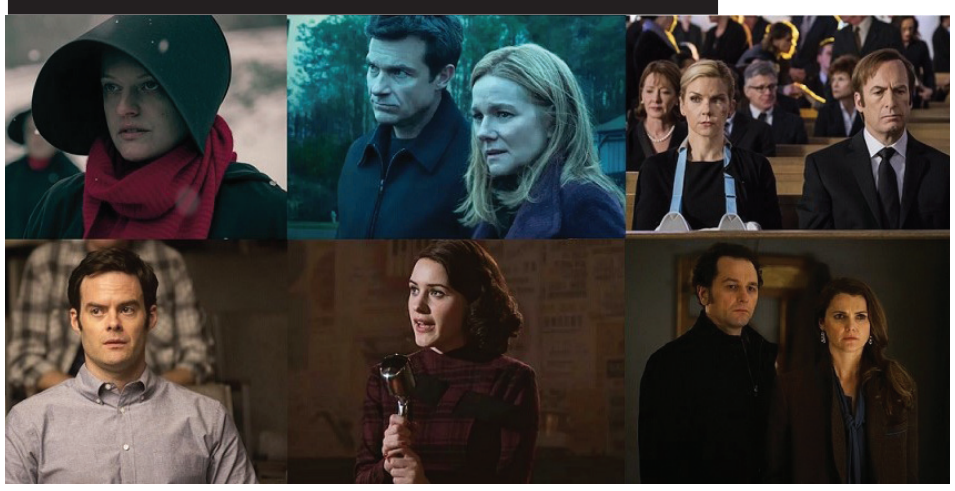
I am a proud member of the American Legion, the American Veterans, the Seabee Veterans of American, and the Catholic Veterans of America.

Both Robert and I are asking the Valley Patriot readers, to join a Veteran's Organization, if eligible, or to consider purchasing a membership for an eligible family member, perhaps as a gift. Of roughly 132 million Americans, living in 1945, 16 million served in World War II. Today, of 325 million American citizens, 1.4 million are serving on active duty, and nearly 1 million in the reserves and National Guard. These numbers clearly illustrate the need for service members and Veterans to join one or two of the Veteran's groups they are eligible to join.

Your brother and sister Veterans invite the Valley Patriot readers who are Veterans, down to the Dracut American Legion on the 3rd Saturday of the month at 1pm to see what we have to offer. We also have several other Veteran's organizations that meet at the Post. Please attend a Veteran's Social hosted by the Nam Knights on January 26th at 7pm at the Dracut Legion.

John Cuddy served in the US Navy's Construction Battalions (known as the Seabees) after retiring from the Navy; he used his GI Bill and earned a BA in History and an MA in Economics from the University of Massachusetts on the Lowell Campus. He has been employed in Logistics at FedEx for the last 21 years. If you know a World War II Veteran who would like their story told, please email him at John.Cuddy@Yahoo.com. ◊

TV TALK with BILL CUSHING



My 10 Best TV Shows of 2018

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

It's that time of year again. That time when all TV people start thinking about the best shows that they watched over the past year. As usual, it was tough to leave some shows off the list, but here are my picks for the best TV had to offer in 2018.

10. The Affair (Showtime) - Rebounding from an awful third season, top notch performances from the leads Ruth Wilson, Joshua Jackson, Maura Tierney, and Dominic West gave Showtime's emotional drama series perhaps its best season to date.

9. Jack Ryan (Amazon Prime) – John Krasinski takes over the role of CIA analyst Jack Ryan made famous by Harrison Ford in the movies. He proves he's up to the task in this fast paced, suspenseful, entertaining series.

8. Billions (Showtime) – Showtime's financial thriller had a wildly entertaining third season. One of the show's best tricks is how they can make you feel sympathy even for the greedy people that abuse their power. As usual, Damian Lewis and Paul Giamatti were mesmerizing.

7. The Deuce (HBO) – This excellent show from the creators of 'The Wire' about the birth of the porn industry in the '70s, because of its subject matter, tend to be overlooked. Maggie Gyllenhaal carried the show in its second season, but the rich writing gave every actor in this giant cast great material to work with.

6. The Handmaids Tale (Hulu) – Hulu's futuristic drama series returned with a strong second season. While season 1 was a tour de force for Elisabeth Moss, Season 2 belonged to Yvonne Strahovski. The shows first season away from its source material remained grippingly unpredictable.

5. Barry (HBO) – HBO's dramedy about a hitman who decides to get out of the business was wickedly funny at times and unnervingly tense at others. It also had an Emmy winning role by Henry Winkler and an excellent performance by Bill Hader as the title character.

4. Ozark (Netflix) – The Netflix drama built on its fine first season and came in with an even better second one. Jason Bateman and Laura Linney continued their fine work, but Julia Garner's Ruth stole the show this year.

3. The Marvelous Mrs. Maisel (Amazon Prime) – This show never fails to put a smile on my face. Rachel Brosnahan is a delight to watch in the title role. Tony Shalhoub is fantastic as her father. Great supporting cast.

2. Better Call Saul (AMC) – Breaking Bad's prequel series finally saw Jimmy make his full transformation into Saul by the 4th season's end. Seeing Jimmy's transformation to Saul through the eyes of Kim was a real tragedy, and so well done. Rhea Seehorn's performance as Kim was one of the best of the year.

And my pick for the best show of 2018 is…

The Americans (FX) – FX's great spy drama went out on top and gave us one of the most surprising yet satisfying final seasons in recent memory. A riveting finale that saw basically every major character suffering some sort of terrible loss. It was a great conclusion to one of the best, most brilliant drama series of all time.

Just missing my list: The Kominsky Method, Sneaky Pete, Goliath, Bosch, Castle Rock, GLOW, Killing Eve, Atypical, Succession, Bodyguard, Escape at Dannemora, Counterpart

If you have any questions about TV you can email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future Mailbag column.

Follow me on Twitter @BillsTVTalk and on Facebook at BillsTVTalk for daily up-to-the-minute TV news and discussion.◊

Boston's Own Kitty Genovese Case

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Everyone of a certain age instantly recalls the Kitty Genovese case, the New York Times' now-timeless tale of city folk who ignored a murder unfolding before their eyes. Since then Saviano has reported that EMTs in Naples routinely wait in the ambulance for mob victims to die before transporting them to the hospital. We may thus be more difficult to shock, but the impression of cold uncaring city folk never goes away.

In November, Peter DeMarco published in the Boston Globe a root-cause analysis of his young wife Laura dying of asthma just outside the locked doors of Cambridge Health Alliance's (CHA) Emergency Room in Somerville.

Laura died on September 16, 2016, while on the phone with a 911 operator. The regional 911 dispatcher called Somerville Police but neglected to mention that Laura was dying right outside the ER because she couldn't get in. Governor Baker naturally has no comment about 911 dropping the ball. Somerville Police immediately called the ER but a CHA nurse couldn't be bothered to walk outside to look for Laura. NBC News played that footage.

Somerville Police and Fire proved to be the only heroes in this whole calamity. The firemen did not quit until they found Laura, right outside the ER where she said she was, and began CPR.

For 2 years CHA acted like the cold sociopathic corporation that it is and stonewalled the widower. He had no idea about the truth. CHA told him she had died on the street leading to the hospital. Then they kept his wife's brain-dead body on a respirator in their ICU for seven days and billed for it.

Laura's father and uncle went looking for the facts. The Police provided a comprehensive report to the family, un-redacted. DeMarco writes: "I will never forget my father-in-law's voice, cracking apart, when he called me. "Pete, I have the most terrible thing to tell you," he said. "They killed Laura.""

The Legislature has a law in place capping CHA's damages at $100,000. Lawyers refuse to even file cases. Having the Legislature in their pocket enlivens CHA's sense of total impunity and the attitude of the ER staff. Detective Slattery wrote in the police report: "I was standing there in full uniform and could not believe the attitude on this woman. I said, 'Are you kidding me, the firefighters are working on someone on the sidewalk and need help and a stretcher.'"

Now readers may wonder how the Globe even published this scandal. Turns out both Laura and her husband used to write at the Globe. NBC Nightly News then reported it on their evening national broadcast. Only after NBC informed CHA that the report was coming, 2 years after Laura died, did CHA issue its very first noncommittal statement of regret. CHA had previously paid the Inspector General $90,000 to resolve the issue without admitting liability.

The widower writes "Since the publication of Laura's story, the leaders of Cambridge Health Alliance, Somerville's parent, have gone from a cold, corporate "no comment" to being honest and accountable, literally embracing me and apologizing for their role in Laura's death."

DeMarco's compulsion to hug cold sociopathic reptiles and assume that they've suddenly transformed into caring warm humans (immediately after NBC News reported the scandal on national television) remains inexplicable to me.

DeMarco reports that CHA has hired Martha Coakley to write a report. I expect a "lessons learned" whitewash just like what Coakley proposed after a whistleblower reported corruption by then-Speaker DiMasi. Coakley tried hard to block Inspector General Sullivan from investigating DiMasi's kickback scheme. CHA has hired the perfect person for an empty PR exercise.

Years ago I reported severe patient neglect at CHA to the Globe's Joshua Miller but he refused to publish it. This scandal hammers home the fact that the only way to get the Globe to expose Cambridge Health Alliance is if the victim worked for the Globe. Another "lesson learned."

Bharani Padmanabhan MD PhD is a neurologist who specialized in multiple sclerosis in the Boston area till the institutionally-corrupt medical board stole his license to drive him out of the marketplace. scleroplex@gmail.com ◊

A New Year Brings A Clean Slate

Rick Bellanti
HEALTH & WELLNESS COLUMNIST

Happy New Year everyone. We made it through another year, whether we stuck to our new year's resolution last year or not, we are still here (if you are reading this). The question you need to ask is are we in better health than we were last year at this time? If you are, congratulations for sticking it out and continuing with your healthier lifestyle. If not, have no fear as this is the time of year most of us start back up again. A new year and a blank slate, to start new goals and complete old ones that you are continuing. Did you make any New Year resolutions for 2019?

Don't stress that the end of the year came and went and you haven't reached all your weight loss goals, remember there is no finish line or expiration date on our journeys, take it one day at a time and when the year ends, continue through and start the new year with a positive attitude. So celebrate all you've accomplished so far in 2018 (no matter how big or small the victory) and look forward to starting 2019 with some new goals to achieve.

Did you know that about 75% of people stick to their resolutions for at least two weeks and less than 50% are still actively working their resolutions within six months? The most common reason for people failing their New Year's resolutions is setting themselves up with unrealistic goals. It's something we all do because we seem to be a quick fix generation and want to see results immediately or we lose interest, get discouraged and just give up. Please don't give up! Pick up where you left off and continue your journey or even just make a newer goal, something easier to get through and celebrate that goal no matter how small and use it as motivation.

Everyone's motivation for losing weight, working out and getting into shape will vary, but we all pretty much have the same goal in mind: being healthy. You may have a reason such as an upcoming wedding or class reunion where you want to look your best, or it could be something more serious like a doctor's warning that you need to get healthier. Whatever the reason is, the new year's resolution that is the most popular is, I want to eat better and lose weight in the new upcoming year. Many people use this time because it's the starting line, the first day of the year, what better time to start the year of being positive on Day 1.

Ever notice the gym gets busier in January with new people signing up? People just want a fresh start. I see posts on social media starting in December criticizing these new people that influx the gym and make things a little more busy for the gym regulars, by maybe throwing off their routine a little or making it difficult for them to get their normal parking spot.

Don't ever let these regular gym people intimidate you because you chose to start a new healthy lifestyle. Sure not everyone continues for a long time. But every one of them started at one point and was one of these "Newbies" that THEY now have an issue with.

Who are they to complain that we are now taking up and invading "their" space? We are all paying the same gym membership fees and signing up with a trainer or class to get healthy so, why are our workouts not as worthy as theirs? Everyone's health and happiness matters the same. Some people start and never go back because of things such as feeling they don't fit in with the crowd that works out daily. Some people go to the gym once and became intimidated. Some people go to the gym once or twice a week, others every day, and some just want to start that lifelong commitment. It shouldn't matter; no one is more important than we are to ourselves.

I am the most shy person I know, I'm so nervous that everyone is always judging me (yes, even in a so-called Judgment Free Zone). Being bullied all my life due to a weight problem does that to a person. So, getting myself to a public gym was not easy, and walking into that gym was one of the hardest things I've ever done. I just kept my head down and kept to myself and started my gym life, one day at a time. It was not easy, but you need to take that first step, no matter how uncomfortable. Our health and wellness depends on it. I now open up and talk to people if I'm approached and if I see someone new come in, I'm sure to say hello, just to make them feel welcome. After all we are all here for one thing, our health.

One of the best ways to keep motivated is to find a friend to partner up with and workout together and by making the workouts fun, you will enjoy it together and help motivate each other. Happy New Year, if you see me at the gym, say Hi, I'll be looking forward to seeing new faces this month.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160lbs since the start of 2015. You can find Rick on Facebook at: Getting Healthy with Rick Bellanti. ◊

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Peter Natsios Tr & 172-174 Osgood Street RT, Johnny Garbriel Gallardo & Adriana Josefina Gallardo-Avalo, $358,000, 172-174 Osgood St

US Bank Trust NA Tr, Henry Then Valerio, $280,000, 111 Saratoga St

Lauri M Neaylon/Lauri N Neaylon, Carolin G Valerio, $275,000, 4 Fordham Rd

Andre C Santos & Rita C Cunha, Liz D Ortiz, $240,000, 28 Boyd St

Gold Star Homes LLC, Driss El-Alami & Samira Loudiyi Lamghafri, $155,000, 14 Young Ave Unit B

METHUEN

Century Builders Inc, Miguel A Del Valle & Shylene Santiage, $519,900, 48 Nevins Rd

Pamela Stanwood Tr & Nartiff Realty Trust, Paul Nartiff Jr, $349,000, 14 Central St

Thomas P Tormey, Caprice A & Donald M Delauder, $750,000, 5 Sierra Ct Unit 13

Valai & Robert C Folmer, Kenneth W & Gaba S DeRoche, $481,000, 29 Copley Dr

James I & Mildred E Kaden, Valerie & William Aponte, $335,000, 33 Houston Ave

Thomas F & Nancee L Kelley, Michael & Cassandra Dipietro, $463,000, 20 Pheasant Hill Ln

Constitution Properties LLC, Marissa A Wolfe & Lauren M Carroll, $429,900, 4 Brookside Ct

Michael Aaronian & Charles J Aaronian, Roberta Smith, $263,000, 47 Monterey Dr

TOLL MA IV LLC, John R Tonneson & Nancy Antell, $687,380, 66 Pine Tree Dr Unit 132

Leclarc Francois Jr/Leclerc Francois Jr, Iris M Angel Maldonado & Rudi E Campos, $335,000, 29 Conrad St

Juan Mendez Brito, Heriberto Corales-Morales & Amada Corales, $290,000, 33 Elmwood Rd

Samuel Taveras, Cecilia A Berroa, $285,000, 255 Lowell St

Ryan & Danielle Parker/Danielle Ayers, Mehdi Abouljalil & Souad Elaissoui, $270,000, 90 Leroy Ave

Elizabeth Casey & Henry Roger Crabtree Est, Evan M Lacroix & Devon L Heffernan, $365,000, 2 Beechnut St

Peter Silva, Crislenny Ynfante, $315,000, 73 Brown St

Kenneth A Dube, Home Sweet Homes Soulutions LLC, $215,000, 35 Cross St

Carlos & Alexis Gonzalez, Luis Sanchez & Maria Sujeidy Zucco Ruiz, $431,000, 5-7 Olive St

Emily Kyomitmaitee, Alan & Camilla Ulrich, $380,000, 58 Landing Dr Unit 58

Derek E & Kerri L Blanchette, Yameli Reyes, $355,000, 3 Sawyer Pl

A Richard & Luanne Bonnano, Eric Baker & Heather Bonanno Baker, $280,000, 261 Merrimack St

Ellen M Giblin, Timothy Wear & Kimberly Silvia, $378,000, 18 Magna Rd

Michael C Sherwood & Brooke M Taylor, Edward Colon, $372,500, 271 Renfrew St

Michael F Slipp, Jennifer & Jesse Strong, $351,500, 415 Forest St

Mariano Family Trust & Lauran Mariano Tarshi Tr & Taryn Mariano Tr, Jose Ventura, $284,414, 200 Pleasant St

Patrick K Brewin, Joanne Young, $274,900, 1 Peaslee Ter Unit 1B

Ronald J Wermers Tr & Roland C Wermers 2008 Irrevocable Family Trust, Debra Rillahan, $250,000, 14 Palanga St

Mojosaba Realty Trust, John McGovern & Amy Caldwell, $430,000, 35 Oak Meadow Ln

James E & Marilyn Cleary, Kelly & Brian Dhondt, $395,000, 320 Forest St

Richard C & Tina Schneider/Tina Puleo, Kevin F & Liane M Giampa, $390,000, 263 Forest St

Kevin D & Jessica E Bolduc, Husinatu Bah, $390,000, 17 Rivers Edge Pl

Sandra Kavecki & Eugene Kavecki, Margaret Joyce, $195,000, 97 Pelham St Unit 1

Antonia Cardona, Hillary M Nelson, $384,900, 2 Oak Knoll Rd, 4 Oak Knoll Rd

Kenneth F & Zulima J McPhee, Nicholas Toupense & Courtney Penta, $345,000, 19 Temple Dr

John S Szabo, Ronald J Gullage Jr, $370,000, 14 Buswell Ave

Vivian Marmol, Ernestina Luna, $310,000, 188 Berkeley St

Edward J Rauseo, Susan A Rossetti, $263,000, 45 Washington St Unit G34

Glenn J Steeves III Est & Tiffany M Schinas, Merrimack Valley Builders Inc, $260,000, 50 Causeway St

Frank P DiNoto & Sam F DiNoto Est, James J Brown, $240,000, 1 Savin Ave

Gerald F White & Erik D White Tr & Georgiana White Est & Essex-White Realty Trust, Sunshine Matthews & Peter J Matthews, $570,000, 16 Quincy St

Kenneth J Kalil Tr & 3 Champy Lane Realty Trust, Steven A & Najwah H Miceli, $400,000, 3 Champy Ln

A & M Viti Realty Trust & Sharon A Lee Tr , Andres Lanfranco & Karla S Rivas, $320,000, 14 Anthony St

Allan R Muise Irrevocable Trust & Allan R Muise Tr & Nadine A Muise Irrevocable Trust & Nadine A Muise Tr, Alison M Slip, $199,000, 45 Christopher Dr Unit 104

Mary Alachy & Fadi Francis, Antoine R Nammour, $187,000, 945 Riverside Dr Unit 16B

HB & CS LLC, Circle G LLC, $100,000, 0 Old Ferry Rd

Charles W & Wendy Doherty, Jhenndliz M Romero-Gomez & Luis M Rosario-Burgos, $395,000, 18-20 Plymouth St

Blanca Mirones/Blanca E Perrault & Roland Wiegref/Roland G Perrault, Nurys Reyes Martinez & Jean Carlos Oviedo, $299,999, 16 Gage St

Homes At Great Oaks LLC, Darren Block & Jessica Heeringa, $590,000, 8 Sadie Ln

W Gordon & Wendy Copland, Cosaxij Yejudis Vokepejon, $405,000, 15-17 Plymouth Ter

Patricia M Souliotis Revocable Trust & Patricia M Souliotis Tr, Timothy M & Michelle Calabro, $290,000, 39 Ponderosa Ave

John H & Stella Cahalane, Jean Abourjeili Tr & Danny Realty Trust, $251,000, 11 Randolph Ave

MTGLQ Investors LP, Frankie & Elizabeth Irizarry, $330,000, 6 Guilford Ave

Stephanie E Aznoian, Peter S Aznoian, $209,500, 138 Jackson St

Homes At Great Oaks LLC, Michael McNamara & Xiuli Cui, $539,000, 5 Sadie Ln

Grace Rungu, Pauline A Rungu, $400,000, 18-20 Pinedale Ave

Crystal & Shane Denis Leblanc, Noah L & Rebecca Hanks, $380,000, 39 Hidden Rd

Aaron Caras, Wandy Rodriguez, $355,000, 212 Lowell St

Ellen Marie Francis & Ann Cheryl Oakleaf & John Paul Zenevitch & Mark David Zenevitch, Moses A Majuto & Angela R Vaillancourt, $289,900, 27 Franklin Ave

NORTH ANDOVER

John C Deinlein & Laura Ann Deinlein Est, James & Brandi Lee Baldock, $380,000, 521 Salem St Unit 1

John & Mary Ellen Madden/Mary Ellen Porcaro, Brian P & Kristen M Dee, $875,000, 336 Candlestick Rd

Jessica L Tavares, Sirva Relocation Credit LLC, $639,400, 92 Rea St Unit A2

Sirva Relocation Credit LLC, Susan K & Alexander Blane, $639,400, 92 Rea St Unit A2

Marcos H & Margaret M Goncalves/Margaret M Poste, Abdelilah Berrad, $460,000, 45 Herrick Rd

Barbara Sanford/Barbara Kelley, Yassine Mahiouz, $170,000, 4 Harvest Dr Unit 116

Larry F & Joan S Fixler, Nikolas Amicone & Ashley M Calcagno, $525,000, 25 Hollow Tree Ln

Patricia A DiMarzo, John P & Joan C Thompson, $335,000, 148 Main St Unit O-501

Jane P Bennett, Barbara M Donagan Tr & BMD Realty Trust, $674,000, 59 Phillips Common

Mountassir & Holly Lalami, Timothy & Tammy Francis, $100,000, 16 Harkaway Rd Unit 1

Nancy Faye Glass, Margaret Ruth Cullen & Henry Grodzins, $1,140,000, 18 Stevens St

Brett & Kelly Schetzsle, Jason H & Shaylin E Lawrence, $677,500, 394 Boston St

71 Rock Road Realty Trust & Anthony F Lautieri Jr Tr, Robert C & Lisa M Donovan, $630,000, 71 Rock Rd

Fiona Maguire , Robert Michael & Erica Marie Keohane, $560,000, 32 Meadow Ln

Michael F & Jacqueline Coleman, Kyle & Meagan Kobierski, $550,000, 50 Farnum St

John & Carol Loi, John Turkovich & Sasha Wolfanger, $540,000, 267 Boxford St

Michael Yoshio Iwamura & Yvonne Chen-Iwamura, Detris Adelabu, $473,900, 86 Compass Point

MTGLQ Investors LP, Kong Yew Foo & Su Fang Wang, $230,000, 60 East Water St

David R Towler & Kevin P Towler & Steven D Towler & Michael W Towler, Eva L Pastor, $185,000, 4 Walker Rd Unit 2

North Andover Realty Corp, Ricardo Dube & Paula J Bendikian/Paula J Bendikian-Dube, $1,550,000, 61 Regency Pl

Brian P & Kristen M Dee, Nima Davoudzadeh Mahboubsedigh & Mandana Ghasemi, $645,000, 6 Garnet Cir

Matthew G Gosselin Tr & Goose Family Revocable Trust, Matthew M Sweeney & Kathleen A Lenau, $450,000, 33 Harold St

Sayed Najam Bukhari, William F & Marlene F Cunningham, $199,000, 7 Walker Rd Unit 2

Fred P & Elissa A Bernard Trs & Bernard Family Realty Trust, Anthony F Lautieri Jr & Shawna Bernard-Lautieri, $690,000, 10 Bear Hill Rd

Michael P Contos Tr & Contos Realty Trust, Robert Charles & Michela Mary Fredrickson, $590,000, 79 Blueberry Hill Ln

Alex Volovick, Lekshr LLC, $206,000, 38 Edgelawn Ave Unit 11

Brian D & Susan M Lucy, Alessandro D Goncalves, $840,000, 42 Windkist Farm Rd

Susan L Carroll, John & Carol Scrima, $204,000, 148 Main St Unit B-131

Wilfried Welsch, Ronaldo Maia, $855,000, 49 Equestrian Dr

Naveed Ihsanullah & Jillian Maver Ihsanullah, Anthony & Karissa M Severino, $712,000, 32 Abbott St

David M & Sara M Morin, Iliya & Cari L Tsinovoi, $589,900, 365 Sutton St

Herman Robert & Karen Benson, Mountassir Lalami & Holly Elderkin-Lalami, $259,900, 2-4 Surrey Dr Unit 2

Florence Hubbard, Jacqueline King, $220,000, 51 Village Green Dr Unit 40

Deyeso Family Irrevocable Trust & Dennis Macconnell Tr, Brian R & Deborah Mahoney, $770,000, 143 Liberty St

205 Campbell Road LLC, Michael O'Brien & Sarah Watson, $455,000, 205 Campbell Rd

Matthew C & Emily Hall, Caitlin & Richard Burgess Jr, $418,000, 37 Greene St

Catherine M Swenson Deschene Tr/Catherine M Swenson & Robert R Deschene Tr & Deschene Swenson Family 2016 Living Trust, Matthew C & Emily J Hall, $320,000, 71 Pleasant St Unit 71

Cynthia K Craig, Daniel R Green, $219,900, 148 Main St Unit A-214

Theresa Falzone, Harley Realty LLC, $138,000, 12 May St Unit 12

Dennis J & Kristen M Sherlock, David Barry & Sara T Jeannotte, $689,000, 88 Weyland Cir

John K Murphy, Jill E McDonald Halsey & William Isaac Halsey, $329,000, 4 Harvest Dr Unit 322

Joseph & Kasey Mastrocola, Aliza L Nowak, $168,000, 210 chickering Rd Unit 107A

Vanessa & David Robinson, Greg Bacos & Farley W Bacos, $735,000, 43 Oxbow Cir

Alan M & Diane B Bauer Trs & Bauer Family Trust, Marie Delsa Sprow, $535,000, 216 Foster St

BODYnBRAIN YOGA FROM PAGE 8

been expanded to over 1,200 schools, or roughly 25% of all public schools in the country.

As a result of these amazing changes and the overwhelming gratitude from students and teachers, the government of El Salvador decided to honor Ilchi Lee and IBREA with a huge award! Education- a variation on the yoga, tai chi, meditation and self-management exercises that we practice in Body & Brain centers- in some of the most violent schools in El Salvador.

IBREA and Brain Education, like Ilchi Lee is always looking for ways to help people feel hope, because he believes that hope empowers the brain. One example of his unique and creative efforts to instill hope is the "Pool for Peace" that he initiated with a donation. In a country where many schools look like prisons, with armored security checkpoints and bars on all the windows, and where even the most basic playground equipment would be extremely rare, the Pool for Peace is a shining example of joy and optimism.

It has changed the culture of not only one school, but a whole community. It was reported that, in order to construct the Pool for Peace, students' parents and relatives who were members of rival gangs set aside their differences and worked together for the good of the schoolchildren.

Not only did Ilchi Lee and IBREA receive the presidential award, but they had a chance to discuss how Brain Education might benefit other schools and communities in El Salvador and around the world. After many years of hard work in and out of the public eye, this was a great moment for all of us who utilize Brain Education techniques to see that they truly are changing the world for the better!

Body & Brain is proud to support IBREA Foundation and our founder, Ilchi Lee.

They are doing great work all over the world and especially in El Salvador.

We're also proud of the Body & Brain instructors and members who are doing volunteer outreach work all over the country, sharing the same kind of practices that have made such a positive impact in El Salvador with people from coast to coast, and beyond. If you are inspired by this good news, please share it! As you know, "Good News Makes a Good Brain!"

Visit Body and Brain Yoga on-line at-bodynbrain.com/riverwalk.

Visit Ilchi.com for more details about Ilchi Lee, IBREA, and Brain Education in El Salvador. ◊

McCARTNEY: FROM PAGE 19

Let's jump into the world of MTV!! Wings broke up in 1981. In just a year Paul had hooked up with Stevie Wonder and did "Ebony and Ivory" which was on Paul's Tug of War album. Then he worked with Michael Jackson on "The Girl Is Mine" for Jackson's Thriller album. "Ebony and Ivory would prove to be Paul's 28 single to hit the #1 spot on the Billboards Charts. Then in 1983 Paul would, again, work with Michael Jackson on "Say Say Say."

Paul McCartney did a lot of writing for others during the mid to late 80s. He felt it was time for something else. He tried a Broadway play. He wrote and performed the music and also wrote the play. One upright critic said "skip the play and proceed straight to the soundtrack!" Give my Regards to Broad Street did, however, give us the top ten hit single "No More Lonely Nights." This song featured David Gilmour on lead guitar. Paul wrote the theme song for Warner Brother's Spies Like Us. Like I said earlier, Paul wrote for a lot of others then.

Paul McCartney formed a new band in 1989. He and Linda and some friends would go on the Paul McCartney World Tour, and they would play Rio de Janeiro, Brazil to a record-breaking sized audience of about 184, 000 people at the Maracanã Stadium. Then he would release Tripping the Live Fantastic. This was a triple-album with many tracks straight from the tour.

As I said at the very beginning of Paul McCartney, the third part of Paul will follow. I hope you have learned and enjoyed part two. This has been very good for me. Look for part three next month!

You can hear Paul's music when you listen to Cindy's Vinyl Vault. Remember, we play the best music ever recorded on vinyl. We're at 980 WCAP Radio every Sunday night at 10:00, Monday night at 11:00 and Wednesday night at 10:00, and remember folks, it's not how old it is, but how great it sounds! ◊

Robin's Kitty Corner

Cat Communication

Robin Desmet
VALLEY PATRIOT KITTY COLUMNIST

Our pets are always communicating with us, whether it is with their eyes, their voices or their body language. Their insistent meows tell us it is times for breakfast, and their slow blinks tell us that they trust us. Some of their communication is very obvious—we know to back off when a cat hisses, but other signs are more subtle. Knowing these signs and learning how cats communicate can help you better understand your furry friend.

Did you know that when cats meow they are only talking to their human companions? Cats are not meowing to each other, they are meowing to you. Unless a Mother cat is talking to her babies or vice-versa, or if a female cat is in heat, cats do not communicate with each other by meowing. When cats meow, they are looking for your attention. Meowing is a cat's way of getting you to feed them or play with them or let them out of a closed room. Cats may also meow if they are sick, or if they are in distress. Pay attention when your cats meow—they are talking to you!

Much of the way that cats communicate is not vocal, but rather physical. A cat's tail can give you a surprising amount of information about your cat's mood and well-being. If your cat is prancing around the house with a tail straight in the air, you are looking at a confident, happy cat. If that same tail is high in the air and all puffed out, your cat is angry. A very angry cat will have that tail all puffed out and the back high in an arch—the classic Halloween cat pose. A cat with a tail tucked under is the sign of an anxious, fearful cat. Lastly, if your cat's tail is thrashing quickly back and forth—watch out—your cat is agitated and upset.

What about all that head butting (actually called "bunting") and rubbing up against your legs that cats do? Well, they are depositing their scent on you and in turn picking up your scent. This type of activity makes you smell more familiar to them and helps to bring them comfort. It is a way for the cat to identify you as part of their group or to claim people and objects as their own. This is your cat's way of showing affection and letting you know that they miss you. They are marking you up and bringing you back into the group after you've been away all day.

They say the eyes are the key to the soul. I believe this holds true for cats as well. Cats that stare at others with unblinking eyes are asserting their dominance and letting other cats know that they are the boss. Cats that are content will gaze at you with wide open eyes. When they trust you they will feel safe enough to close their eyes in your presence and give you a slow blink.

The more time you spend with your cat the more you will begin to notice all of the subtle and not so subtle ways that cats communicate. If your cat is kneading with her paws while purring away in your lap, or is rolling on his back exposing his belly to you, then you are doing something right as far as your cat is concerned. Keep up the good work—your cat is happy!

Robin Desmet, is an Rph and MSPCA volunteer. ◊

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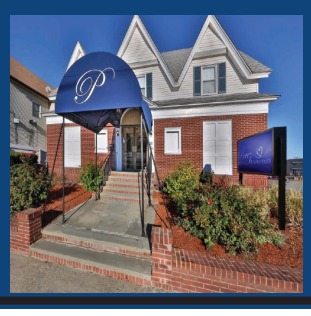

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To our neighbors,

As a North Andover based company and long-time residents of the Merrimack Valley, our thoughts go out to all those impacted by the recent gas crisis. While it is unknown exactly when gas services will be restored in the Merrimack Valley,

ACE Solar would like to offer assistance where we can.

If you purchase an ACE Solar system for your home between now and December 31, 2018, we will convert your gas water heater to an electric water heater at no cost to you.* We hope this will help you and your family begin the return to normalcy with hot water while the solar system will help to offset the additional electricity cost for decades to come.

Solar systems vary in cost and size based on site conditions, but we offer $0 down loans with great interest rates and unbeatable pricing to help you make the transition to renewable energy an easy and affordable one. Please contact us for a free assessment and more information.

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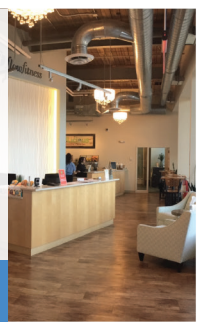

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